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Volume 43 • Number 9

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- 90 Cozy Fireside Supper** Celebrate great food and friends with this surprisingly easy, laid-back menu.

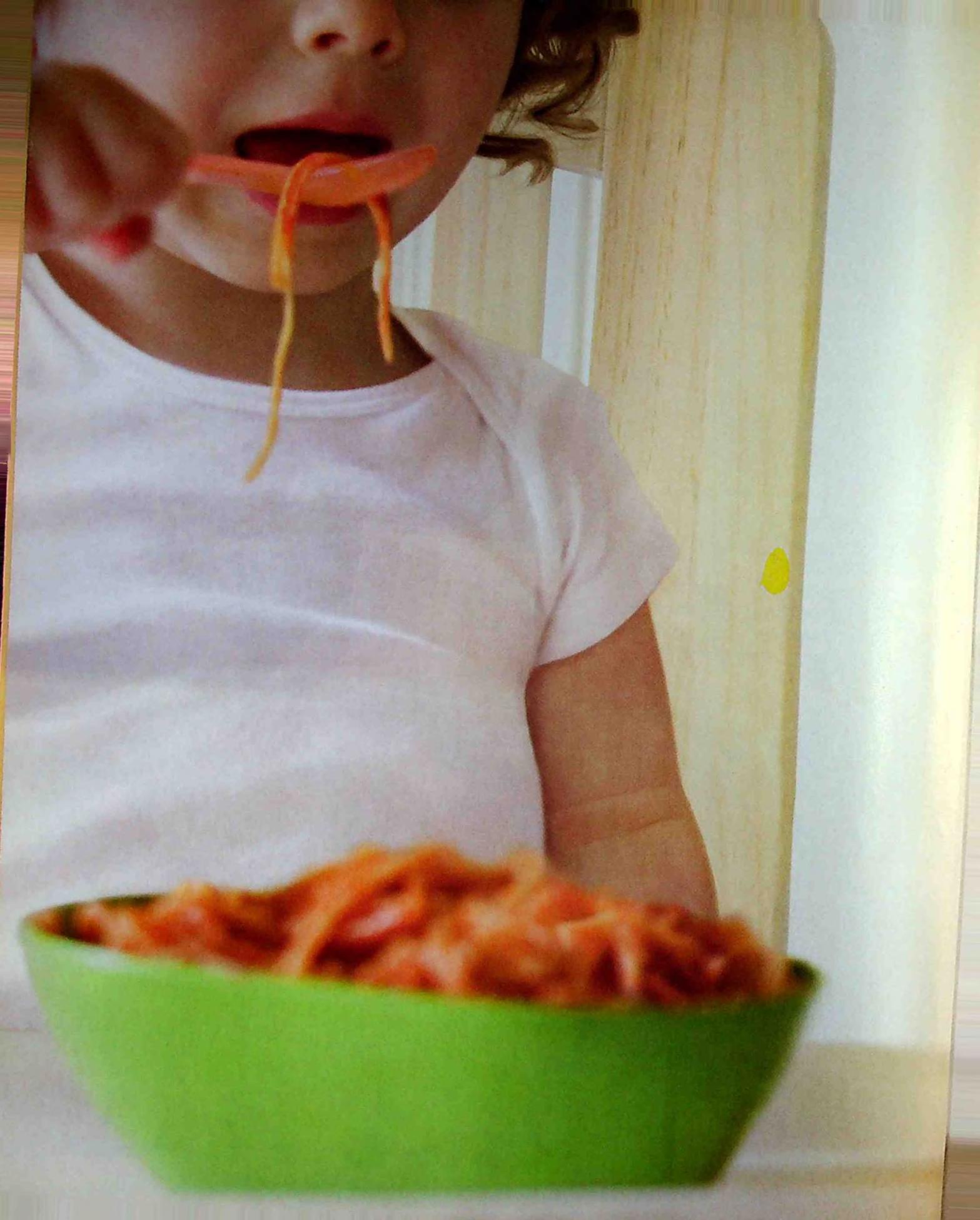
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A majestic fireplace highlights the outdoor living area of this home in Madison, Georgia.

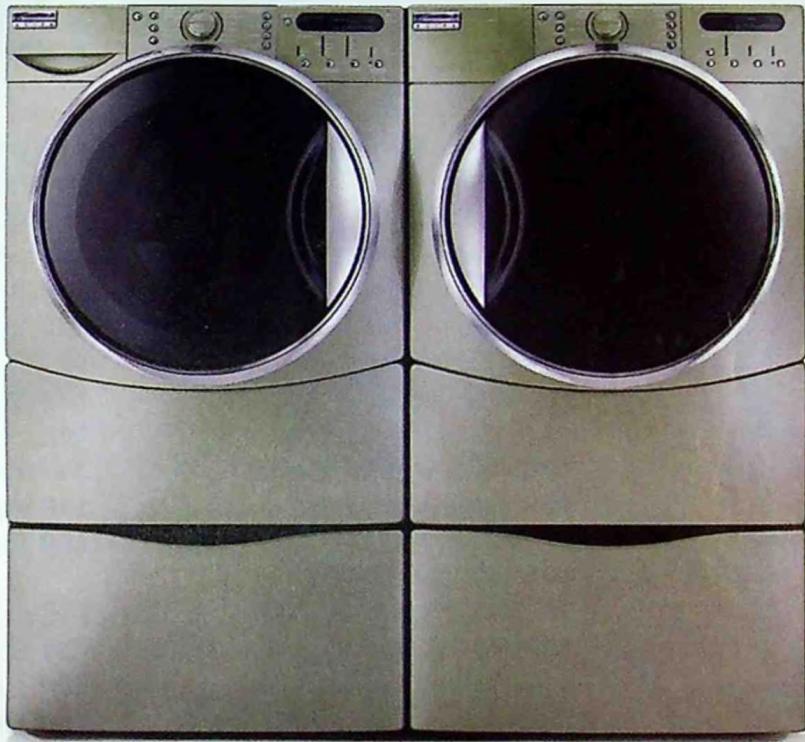
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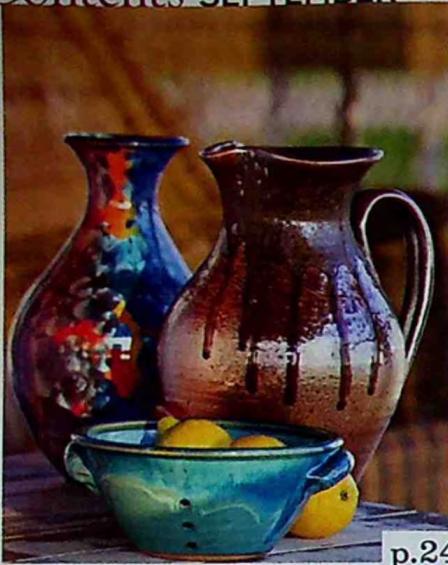
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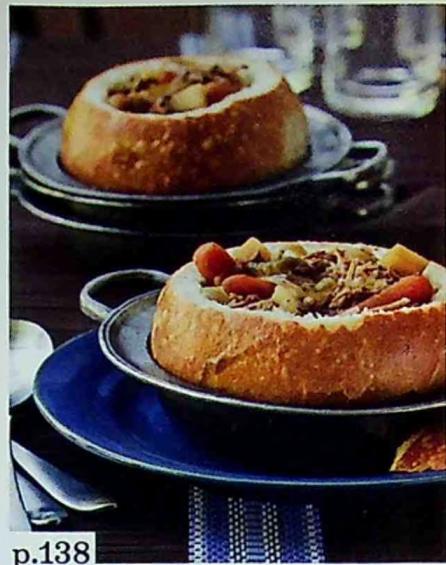
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BONUS SECTION

Mid-Atlantic Living: People & Places

(Following page **150**)

In this special section for our Mid-Atlantic readers, we march into the season with Baltimore's all-volunteer Marching Ravens band; pick Asian pears in the Shenandoah Valley; dine at Bobbywood in downtown Norfolk; and more.

CREATING A BETTER VIEW

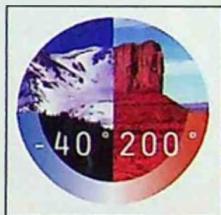
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Letter From the Editor

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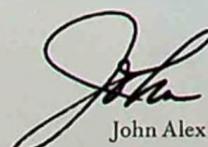
Like most folks, I have a favorite color. For all who know me, their first guess would be yellow and—bingo—they would be right. So it's easy to understand why this season of the year always inspires and delights me. The goldenrods that begin to color in late August give way to beautiful yellows of so many other fall flowers and leaves. I was delighted that our Garden staff decided to feature yellow and gold in this issue. Garden Editor Gene Bussell focuses on the best that we see showing off now across the South starting on page 68. And I want to add one of my favorites: the tulip poplar. This majestic tree, native to the South, produces leaves that look like an elementary school-age drawing of a tulip, and it graces us with a buttery fall color. If you have one in your garden, treasure it; if you see it in nature, admire it; and if you want one for your garden, plant it now.

My great friend Helen Hill of the Charleston Convention and Visitors Bureau asked me to talk with their organization recently. It was a delightful trip to this historic city. Pam and I stayed at Wentworth Mansion, had a knockout dinner at FIG Restaurant, and found a graduate student from the College of Charleston to pedal us back to our hotel after dinner. The pedicab ("bicycle with carrier" is my term) makes for great transportation. It conserves fuel and still allows you to get off the usual route and soak up true local color. (By the way, we gave our guide a great tip.) Now that I have told you about my excellent adventure to Charleston, turn to page 30 to see what Associate Livings Editor Cassandra Vanhooser names as the top-10 reasons to visit Charleston again and again. Jot me a note and let me know if we missed your favorite experience in this city.

Food highlights the magazine this month. I dare you to beat the taste of the apple pie featured on our cover and on page 120. Many of our Test Kitchens folks think it's our best apple pie ever. I asked Associate Food Editor Shirley Harrington why she thought it was our best. After she listed at least 10 different reasons, I think we agreed on the three special tips that clearly separate it from an everyday-good apple pie. The pie crust has a secret ingredient—a bit of cornmeal; we used two types of apples to give it a unique flavor; and we brushed the top with the juices that remain in the bottom of the bowl the apple mixture was in. I know Pam is going to be asked by our supper club to bring dessert this month, and I know what they will be expecting to see.

Welcome to the start of fall, when the temperature cools and there is a hint of autumn air. Enjoy.

Best Regards,



John Alex Floyd, Jr.

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THE BOLD LOOK
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Life at Southern Living

As the weather starts to cool off, the thoughts of all Southerners turn to our region's favorite pastime. By Cassandra M. Vanhooser



Football consumes us. We think about it, argue about it, fret over it, and gloat about it all year long. Such is the nature of the sport all across the land, but particularly in the South.

During my own Christmas vacation at the beach last year, I sat around the kitchen table eating fish tacos and drinking wine with friends. After our meal, we debated into the wee hours—not about the economy or the Presidential election, but about who would be number one in college football.

I'll bet that if you could sneak a peek, you'd see this same scenario in homes across the South. Our rivalries touch our souls. This fiery passion calls to mind the words emblazoned on an Arkansas church sign back in 1969 when the Razorbacks and Longhorns both played in the old Southwest Conference. It read: "Football is only a game. Spiritual things are eternal. Nevertheless, Beat Texas."

Those are fighting words in the halls of *Southern Living*. We cover college football because we love it as much as you do. While our devotion hasn't dimmed, we have moved our "All-South" football special section, including our top-10 picks, to southernliving.com/football this year. It seems like it was harder than ever to sort the pretenders from the contenders. Visit our Web site and see if you agree with us. If not, don't hold back. Let us hear from you. We want to know what you think.

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Sounds of the Season



FEATURES

Get Ready for Kick-Off

Cassandra Vanhooser, our Gameday Gal, looks at the college football season with her **Top 10 Teams To Watch, Game of the Week**, and blog. Check out her exclusive online guide: southernliving.com/football.

FOOD

One-Dish Magic

As your family gears up for fall, we present a roundup of one-dish dinners, simple recipes that get a great meal on the table without much fuss. From stir-fry to shepherd's pie, check out our sumptuous slide show: southernliving.com/onedishdinner.



GARDEN

The Mum Finder

Bring a burst of color to your garden with chrysanthemums. Selecting the right ones can be easy with the Mum Finder, our online guide to names, colors, and varieties now available for planting: southernliving.com/mumfinder.



TRAVEL

Head to the Mountains

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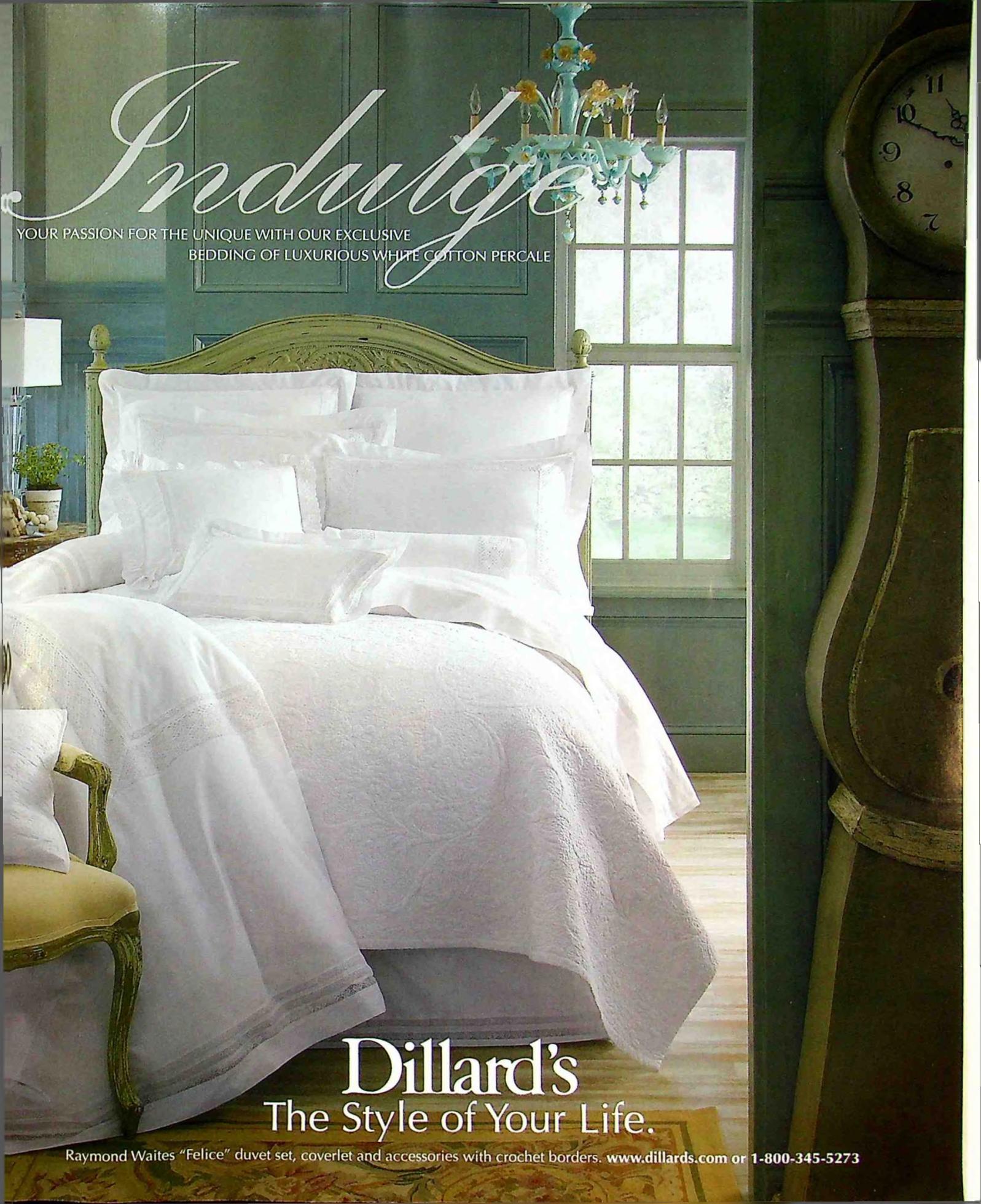
Fall Forward

Planning to see the foliage or take in the cooler weather during a long weekend getaway? Our Travel editors lend their expertise, good humor, and handy tips in their blog, Tales From the Road. Log on, read up, and weigh in: southernliving.com/talesfromtheroad.

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• TO TASTE •

Over-the-Top Popcorn

This recipe turns everybody's favorite snack into a meal.

Cook 4 bacon slices in a large skillet over medium-high heat 10 minutes or until crisp; remove bacon, and drain on paper towels. Coarsely chop bacon. Pour 1 (1.3-oz.) bag popped microwave popcorn into a large bowl. Toss with bacon, $\frac{1}{4}$ cup grated Parmesan cheese, 4 Tbsp. melted butter, and 2 tsp. buttermilk Ranch dressing mix. Sprinkle with $\frac{1}{4}$ tsp. freshly ground pepper, and serve immediately. Makes 2 to 3 servings. Prep: 10 min., Cook: 10 min.

Note: For testing purposes only, we used Orville Redenbacher's Natural Simply Salted 50% Less Fat Gourmet Popping Corn.

Get Inspired SEPTEMBER



• TO FRAME •

Family Favorites

WE ALL HAVE CHERISHED RECIPES THAT garner rave reviews. You know the ones—they're handwritten on cards or scratch paper, dotted with personal notes and maybe a few stains from earlier preparations. Be sure not to lose these culinary gems, rich with flavors and memories. Frame and hang them in your kitchen or breakfast room. That way they'll bring style to your walls even as you keep them close at hand.

• TO GO •

Fly a Kite

FALL IS SIMPLY THE BEST TIME to be at the South's beaches. From the Eastern Shore to the Texas coast, the sky turns a deeper blue, the temperature feels fine, and the crowds have gone home. That makes it the perfect opportunity for your real—or even inner—child to fly a kite. If you don't have one handy, visit www.kittyhawk.com to buy a model that suits your needs. Kitty Hawk Kites in Nags Head, North Carolina, offers hundreds of kites, from single-line to stunt, starting at \$10. So choose your favorite, click to order, and prepare to launch.



PHOTOGRAPH BY RALPH ANDERSON; STYLING: BUFFY HARGETT

• TO PLANT •

ORNAMENTAL BERRIES

Senior Writer Steve Bender knows a great plant when he sees it so we asked him to name a seasonal star for the fall. He came back with an unusual answer: winterberry holly. This native shrub puts on a show of yellow foliage and then actually drops its leaves. But it fills in the blanks with hundreds of brilliant red berries. It's a simple-to-grow, durable plant well suited to most garden soils of our region. Steve suggests 'Winter Red' winterberry (*Ilex verticillata* 'Winter Red') but cautions that you'll need a female and a male plant in order to score a "berry" nice display.





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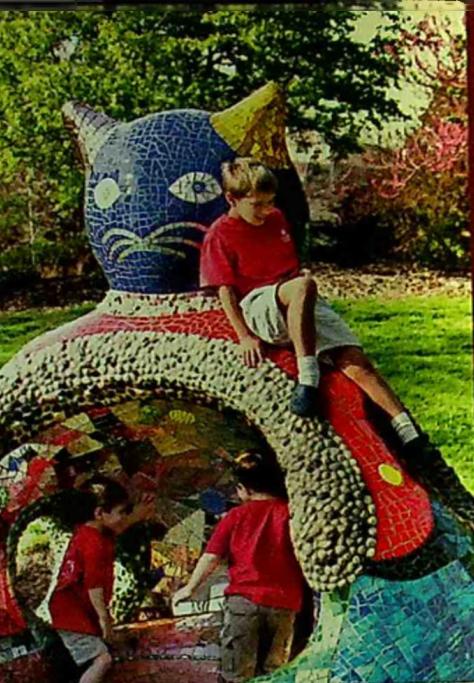
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• TO SEE •

Art for Fun's Sake

YOU HAVE UNTIL THE END OF OCTOBER TO GET YOU AND YOURS to the Missouri Botanical Garden in St. Louis to view the traveling exhibit "Niki." Don't think formal or staid when it comes to these outdoor sculptures. French-born Niki de Saint Phalle was a passionate pop artist, and these 40 massive pieces aptly capture her fanciful approach. Composed of fiberglass, stone, glass, and more, the brilliantly colored mosaic pieces reach up to 18 feet in height and spread an invitation for pure fun across the entire historic garden. The only charge is regular admission to the garden (\$8 per person).

The Most Important Meal of the Day Starts With Us...



Expect to see smiles all around the breakfast table when you serve Nature's Own Bagels. Toasted or right from the package, they'll taste great with your favorite fruit or spread. It's a breakfast you can feel good about:

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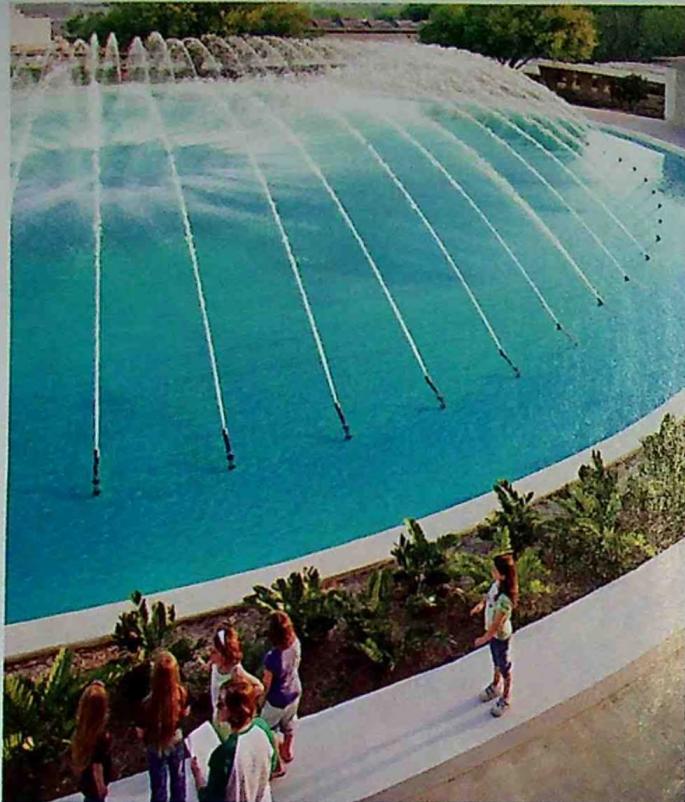
You'll love the great taste and nutrition of our Special Mornings English Muffins and Breakfast Breads, too.



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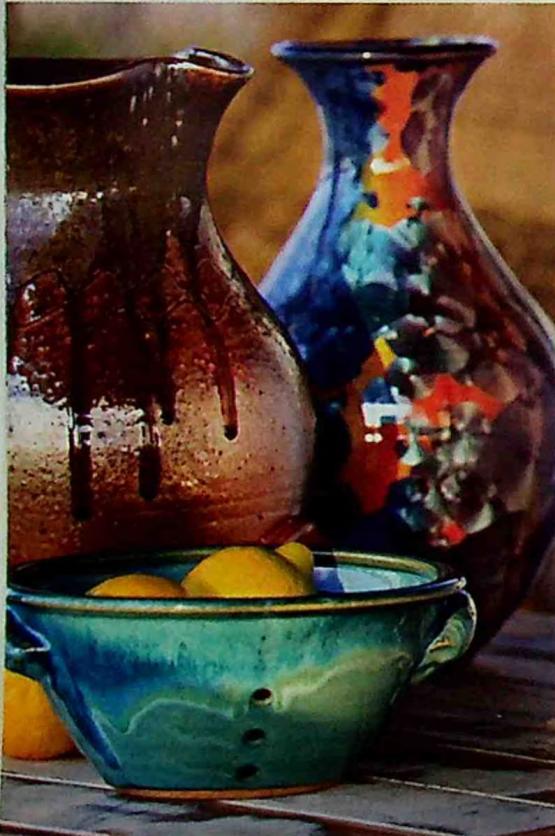
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• TO VISIT •

The Wright Splash

The work of one of our country's most celebrated architects is making waves at Florida Southern College. Beginning in the 1930s, Frank Lloyd Wright designed a dozen structures on the Lakeland campus, ranking it as the largest single-site collection of his structures in the world. Part of the college's major restoration project and winner of an award from the Florida Trust for Historic Preservation, the unusual circular pool and fountain Wright planned at school center has been revived according to his original vision. The Water Dome, a 160-foot-diameter fountain, runs four times every day, for between a half-hour and an hour, starting at 10:15 a.m., 1 p.m., 2:30 p.m., and 4:30 p.m.



• TO COLLECT •

Prized Pottery

SEAGROVE, NORTH CAROLINA, IS A MODEST little town, about 40 miles north of Pinehurst, that has long been celebrated as a center for pottery. That's old news. Today's buzz is that the pieces created by the 90-plus potteries now operating are anything but old-fashioned. They range from functional to decorative and traditional to one of a kind. On a recent visit, we discovered plenty of pieces worth taking home. Among our favorites: the graceful Rebecca Pitcher finished in a unique red glaze, the signature of the Original Owens Pottery. At King's Pottery we picked up a classic berry bowl in blue and a sturdy, earth-colored pitcher with a textured, rustic look. The most unusual piece came from Phil Morgan Pottery. Phil himself has spent years perfecting the crystalline glazing technique, which lends the glass-smooth surface of his elegant pieces rare color, fascinating patterns, and an almost three-dimensional depth. To learn more about Seagrove, visit www.discoverseagrove.com.



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• TO MAKE •

Add a Hot, Tangy Touch

Spice up your food with this simple recipe. Black-eyed peas, collard greens, and just about anything fried (chicken, fish, or green tomatoes) will benefit from the easy, homemade heat.



HOT PEPPER SAUCE

Fill 1 (14-oz.) glass jar with 1 cup red and green Thai chile peppers, stemmed, filling to about 1 inch from top of jar. Bring 1 cup cider vinegar, 1 tsp. salt, and 1 tsp. sugar to a boil in a small saucepan over medium heat, stirring until salt and sugar are dissolved (about 2 to 3 minutes). Remove from heat, and let stand 5 minutes. Pour hot mixture over peppers in jar. Cover and chill 3 weeks. Store in refrigerator up to 6 months. Prep: 10 min., Cook: 5 min., Stand: 5 min., Chill: 3 weeks. Note: Chilling for 3 weeks allows the peppers to fire up the vinegar mixture. The longer it sits, the spicier it becomes. Remember to wear rubber gloves when filling the jars with peppers. •



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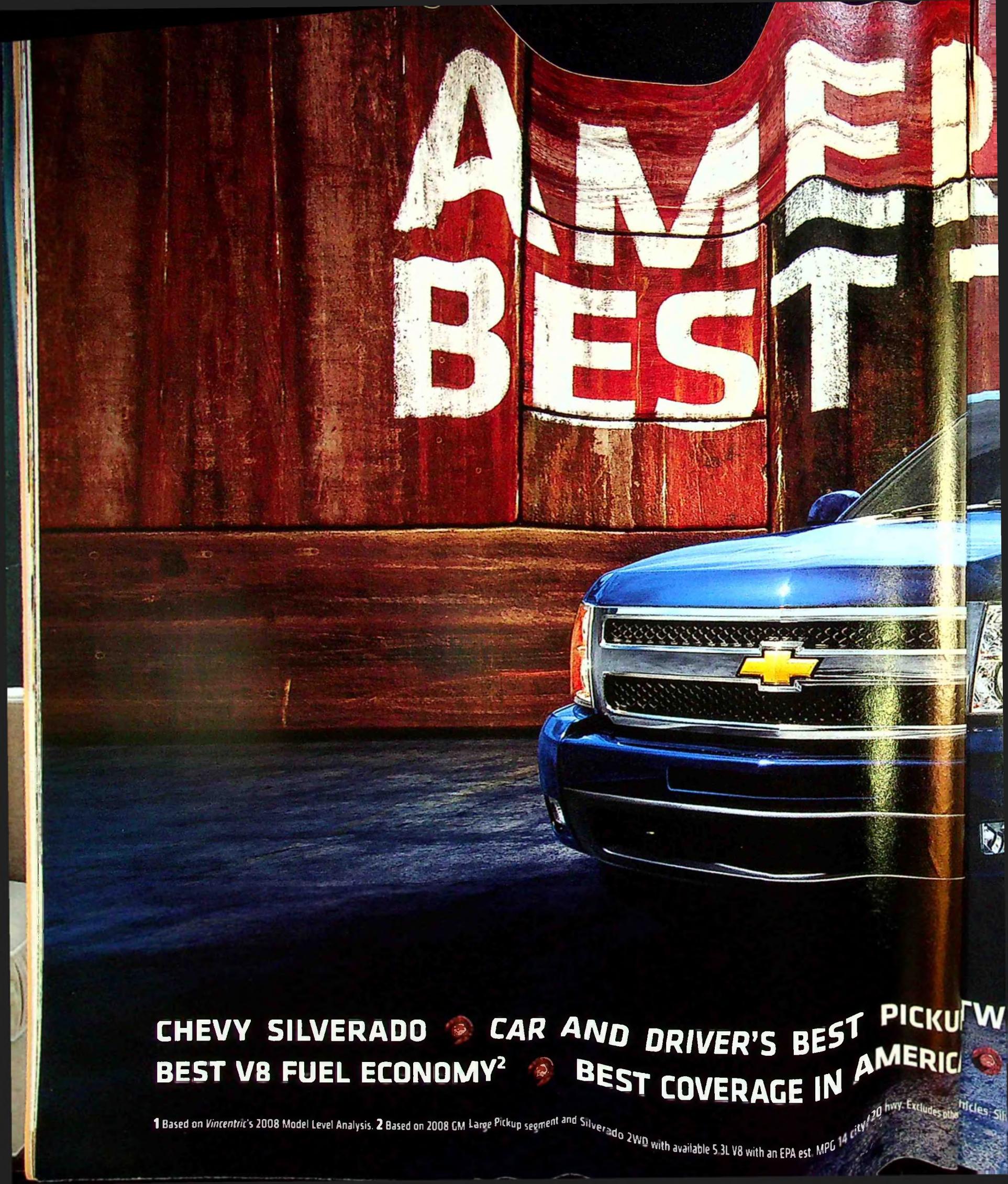


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Travel



Return to

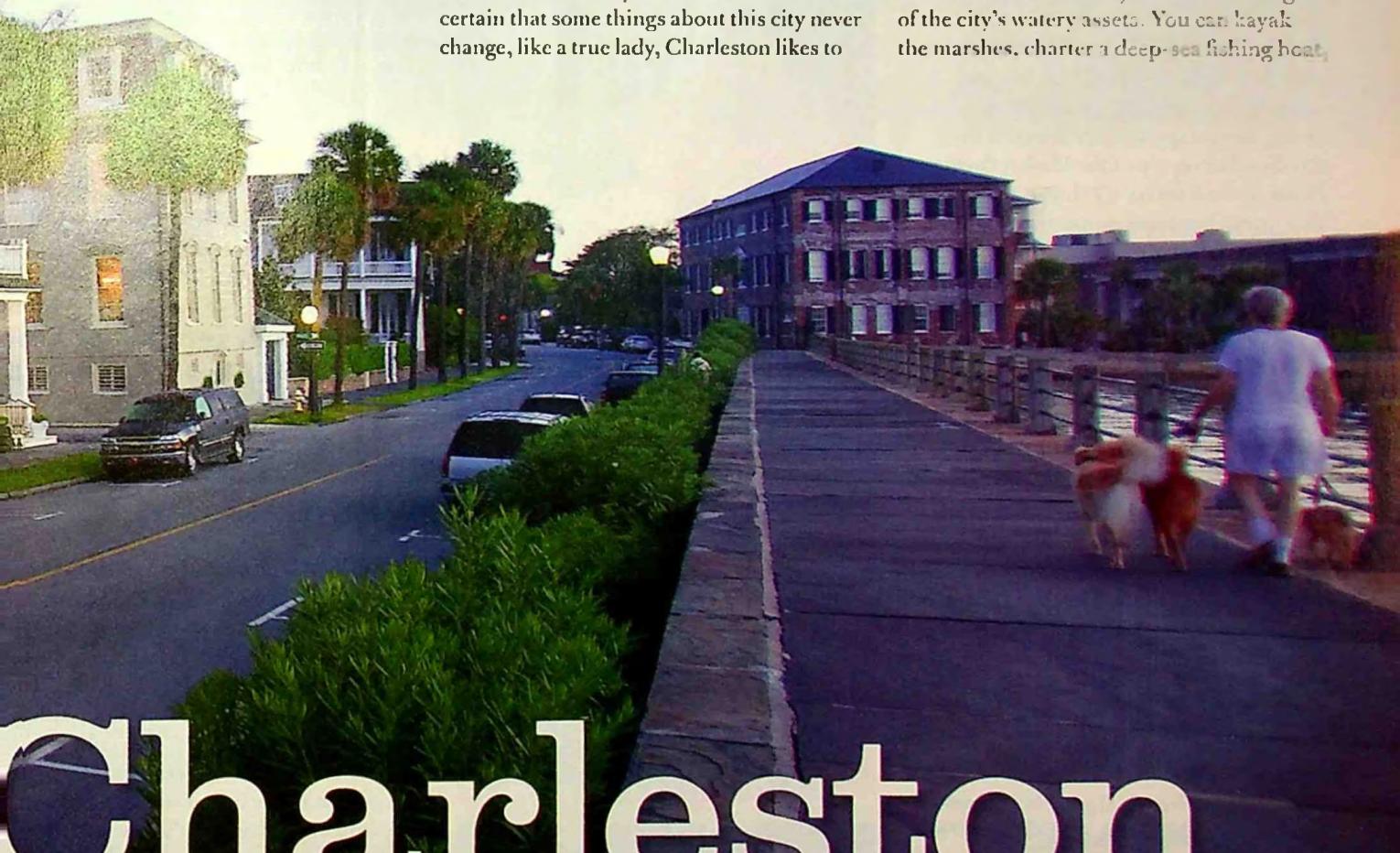
Puddles of moonlight on a glassy, smooth harbor. Fresh shrimp coupled with stone-ground grits. Palmettos dancing in an ocean breeze. I fell in love with these things on my very first visit to Charleston, that oh-so-Southern belle perched happily on the coast of South Carolina. Even now, memories of that long-ago trip bring an unbidden smile.

Though I'm a wanderer by nature, I continue to return to my first love. While it's certain that some things about this city never change, like a true lady, Charleston likes to

keep us guessing. Just when I think I know all her secrets, I notice little additions and shifts that make her more enticing than ever.

Check out some of the surprises I found on my last visit.

Water, Water Everywhere This city sits at the junction of the Ashley and Cooper Rivers where the two come together to form Charleston Harbor. Dozens of outfitters will see to it that you take advantage of the city's watery assets. You can kayak the marshes, charter a deep-sea fishing boat,



or board a water taxi headed for Patriots Point. But for sheer beauty and relaxation, we favor a sunset tour of the harbor aboard the schooner *Pride*.

This three-masted tall ship resembles the sailing vessels that once traded up and down the coast. When the sails go up, the *Pride* rocks across the water, with dolphins and seagulls often trailing in her wake. The two-hour tour offers spectacular views of the Cooper River Bridge, Rainbow Row, and Fort Sumter.

The *Pride* docks at the Aquarium Wharf at 360 Concord Street. Tours during the day cost \$27 per person, with sunset ones priced at \$34. Reservations are highly recommended. Visit www.schoonerpride.com, or call 1-800-344-4483 or (843) 722-1112.

A Million-Dollar View If you're standing at the corner of East Bay and Market around happy hour, look up. You're sure to spy a merry crowd at the Pavilion Bar on top of the Market Pavilion Hotel. Even if you don't choose to stay at this pricey boutique property, stop by for appetizers and drinks.

The lovely rooftop bar features umbrella-covered tables, quick and courteous service, and an amazing view. Look east, and you'll see the Cooper River and North America's longest cable-stayed bridge. To the west, you'll see Charleston's steepled skyline and a gorgeous sunset.

Shopping Upper King Shoppers have long been seduced by the wares of Charleston's merchants, with the crème de la crème located on King Street. But these days, the spotlight is on Upper King, that section of the thoroughfare marked by Spring Street to the north and Calhoun to the south.

"Upper King is really the heart of Charleston right now," says Susan Lucas, owner of The French Hare. "It's very sophisticated. We think of it as the SoHo of the South."

More than 75 neighborhood merchants—including some of the country's top home-accessories retailers and interior designers—recently banded together to form the new Upper King Design District.



FROM TOP: The Pavilion Bar treats guests to a spectacular view of Charleston's steepled skyline. Roxy, the store dog, welcomes shoppers to B'ZAR on Upper King Street. Enjoy a sunset tour aboard the schooner *Pride*. Carriage tours rank as a popular activity. Take a cooking class at Charleston Cooks!

They're a tight-knit group, says Susan, committed to offering the best products and customer service. It's impossible to list them all, but Lesesne, B'ZAR, Dwelling, Maine Cottage, and Cupcake rank among our favorites.

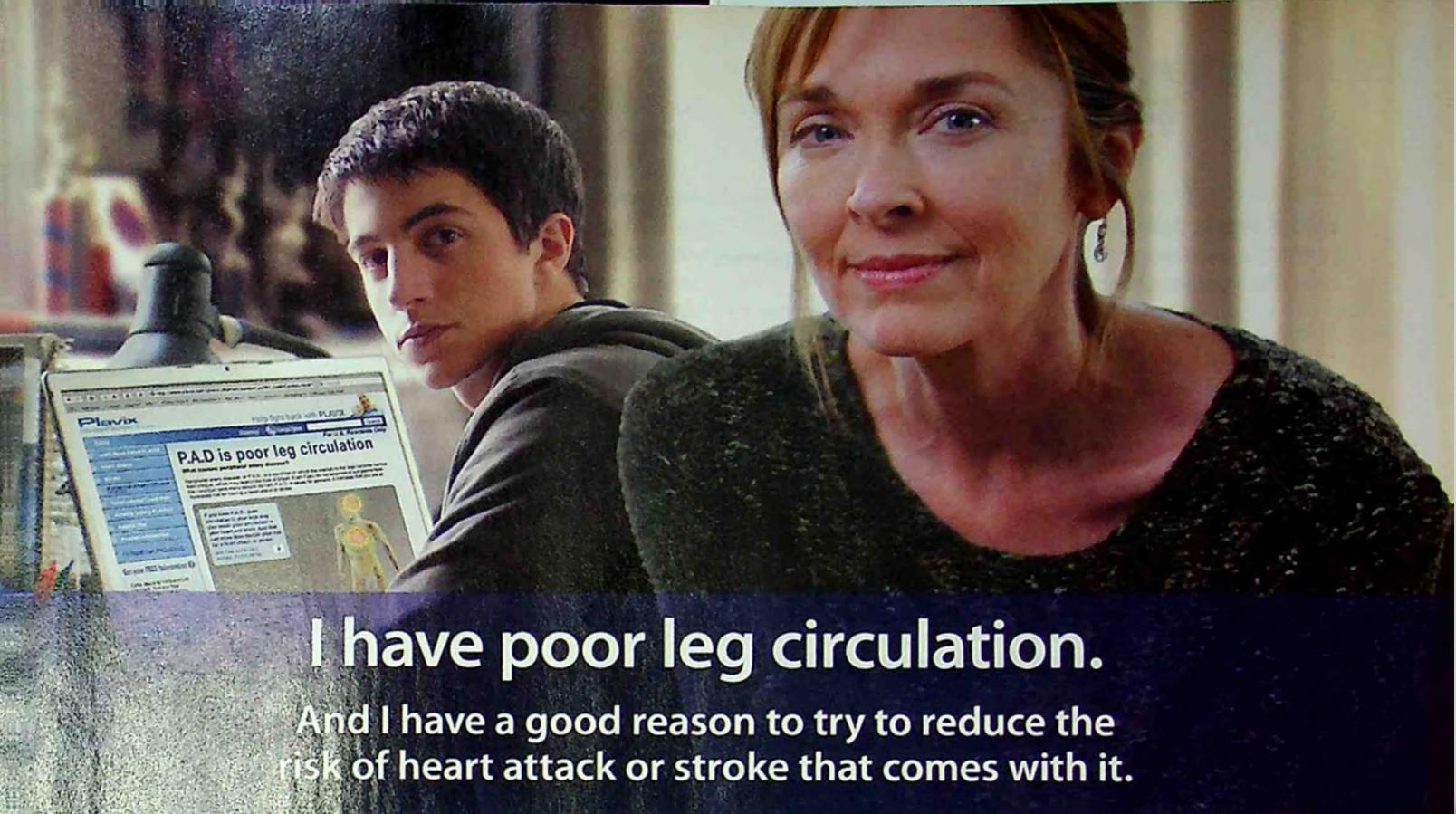
To see a complete list of shops, restaurants, and arts groups, visit www.upperkingdesigndistrict.com, or call (843) 303-1113. For an extra special treat, plan to be in town on the third Thursday in October this year for the Upper King Design Walk.

Tour With Your Taste Buds

You've taken a carriage ride. You've done the ghost tour. Now head to Charleston Cooks!, a wonderful kitchen shop on East Bay Street, for a Lowcountry cooking class.

"Charleston has a unique cuisine, with all its history and culture," says culinary director Danielle Wecksler. "We wanted to give people a little bite of what we experience here every day. That's how this class was born."

The store offers its demonstration-style Taste of the Lowcountry classes several afternoons a week at 2 p.m. Though the menu changes daily, you'll sample such dishes as blackened pork tenderloin,



I have poor leg circulation.

And I have a good reason to try to reduce the risk of heart attack or stroke that comes with it.

Plavix can help

Peripheral Artery Disease (P.A.D.) is often described as poor leg circulation, which puts you at double the risk of heart attack or stroke. That's because, if you have poor blood circulation in your legs, you may also have it in your heart and brain. You may feel nothing, but the most common symptom of P.A.D. is pain or heaviness in the legs.

Take the next step. So if you're diagnosed with P.A.D., ask your doctor about a treatment clinically

To learn more, talk to your doctor today or visit www.plavix.com/PAD or call 1-800-613-0822.

IMPORTANT INFORMATION: If you have a stomach ulcer or other condition that causes bleeding, you should not use PLAVIX. When taking PLAVIX alone or with some other medicines including aspirin, the risk of bleeding may increase so tell your doctor before planning surgery. And, always talk to your doctor before taking aspirin or other medicines with PLAVIX, especially if you've had a stroke. If you develop fever, unexplained weakness or confusion, tell your doctor promptly as these may be signs of a rare but potentially life-threatening condition called TTP, which has been reported rarely, sometimes in less than 2 weeks after starting therapy. Other rare but serious side effects may occur.

Please see important product information on following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

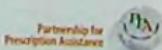


proven to help reduce your risk of heart attack and stroke

associated with P.A.D. PLAVIX helps keep blood platelets from sticking together and forming dangerous clots, the cause of most heart attacks and strokes. Ask your doctor about PLAVIX.

Plavix.
(clopidogrel bisulfate) 75 mg tablets

Help reduce your risk of heart attack or stroke.



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WHO IS PLAVIX FOR?

PLAVIX is a prescription-only medicine that helps keep blood platelets from sticking together and forming clots.

PLAVIX is for patients who have:

- had a recent heart attack.
- had a recent stroke.
- poor circulation in their legs (Peripheral Artery Disease).

PLAVIX in combination with aspirin is for patients hospitalized with:

- heart-related chest pain (unstable angina).
- heart attack.

Doctors may refer to these conditions as ACS (Acute Coronary Syndrome).

Clots can become dangerous when they form inside your arteries. These clots form when blood platelets stick together, forming a blockage within your arteries, restricting blood flow to your heart or brain, causing a heart attack or stroke.

WHO SHOULD NOT TAKE PLAVIX?

You should NOT take PLAVIX if you:

- are allergic to clopidogrel (the active ingredient in PLAVIX).
- have a stomach ulcer
- have another condition that causes bleeding.
- are pregnant or may become pregnant.
- are breast feeding.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PLAVIX?

Before taking PLAVIX, tell your doctor if you're pregnant or are breast feeding or have any of the following:

- gastrointestinal ulcer
- stomach ulcer(s)
- liver problems
- kidney problems
- a history of bleeding conditions

WHAT IMPORTANT INFORMATION SHOULD I KNOW ABOUT PLAVIX?

TPP: A very serious blood condition called TPP (Thrombotic Thrombocytopenic Purpura) has been rarely reported in people taking PLAVIX. TPP is a potentially life-threatening condition that involves low blood platelet and red blood cell levels, and requires urgent referral to a specialist for prompt treatment once a diagnosis is suspected. Warning signs of TPP may include fever, unexplained confusion or weakness (due to a low blood count, what doctors call anemia). To make an accurate diagnosis, your doctor will need to order blood tests. TPP has been reported rarely, sometimes in less than 2 weeks after starting therapy.

Gastrointestinal Bleeding: There is a potential risk of gastrointestinal (stomach and intestine) bleeding when taking PLAVIX. PLAVIX should be used with caution in patients who have lesions that may bleed (such as ulcers), along with patients who take drugs that cause such lesions.

Bleeding: You may bleed more easily and it may take you longer than usual to stop bleeding when you take PLAVIX alone or in combination with aspirin. Report any unusual bleeding to your doctor.

Geriatrics: When taking aspirin with PLAVIX the risk of serious bleeding increases with age in patients 65 and over.

Stroke Patients: If you have had a recent TIA (also known as a mini-stroke) or stroke taking aspirin with PLAVIX has not been shown to be more effective than taking PLAVIX alone, but taking aspirin with PLAVIX has been shown to increase the risk of bleeding compared to taking PLAVIX alone.

Surgery: Inform doctors and dentists well in advance of any surgery that you are taking PLAVIX so they can help you decide whether or not to discontinue your PLAVIX treatment prior to surgery.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICINES WITH PLAVIX?

You should only take aspirin with PLAVIX when directed to do so by your doctor. Certain other medicines should not be taken with PLAVIX. Be sure to tell your doctor about all of your current medications, especially if you are taking the following:

- aspirin
- nonsteroidal anti-inflammatory drugs (NSAIDs)
- warfarin
- heparin

Be sure to tell your doctor if you are taking PLAVIX before starting any new medication.

WHAT ARE THE COMMON SIDE EFFECTS OF PLAVIX?

The most common side effects of PLAVIX include gastrointestinal events (bleeding, abdominal pain, indigestion, diarrhea, and nausea) and rash. This is not a complete list of side effects associated with PLAVIX. Ask your doctor or pharmacist for a complete list.

HOW SHOULD I TAKE PLAVIX?

Only take PLAVIX exactly as prescribed by your doctor. Do not change your dose or stop taking PLAVIX without talking to your doctor first.

PLAVIX should be taken around the same time every day, and it can be taken with or without food. If you miss a day, do not double up on your medication. Just continue your usual dose. If you have any questions about taking your medications, please consult your doctor.

OVERDOSAGE

As with any prescription medicine, it is possible to overdose on PLAVIX. If you think you may have overdosed, immediately call your doctor or Poison Control Center, or go to the nearest emergency room.

FOR MORE INFORMATION

For more information on PLAVIX, call 1-800-633-1610 or visit www.PLAVIX.com. Neither of these resources, nor the information contained here, can take the place of talking to your doctor. Only your doctor knows the specifics of your condition and how PLAVIX fits into your overall therapy. It is therefore important to maintain an ongoing dialogue with your doctor concerning your condition and your treatment.

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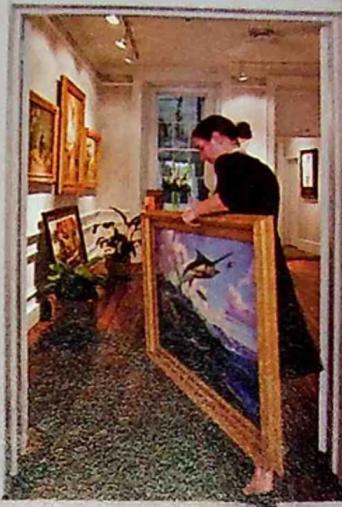
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TOP: Thanks to the large number of artists in Charleston, the collection of art galleries continues to grow. ABOVE: The Upper King Design District ranks among the city's hottest destinations for shopping, dining, and playing. BELOW: The Preservation Society hosts its fall tours beginning September 25. Visit www.preservationsociety.org for information.

gumbo, lemon-broccoli pirlau, and bourbon pecan pie. The \$25 admission fee includes a three-course tasting, so eat sparingly before you go.

Be sure to save time for some shopping at Charleston Cooks! too. Participants get a same-day 10% discount on merchandise or future classes. For a complete schedule of cooking classes and special events, visit www.mavericksouthernkitchens.com, or call (843) 722-1212. In addition to several ongoing educational series, special appearances by top chefs such as cookbook author James Peterson, Italy's Giuliano Hazan, and TV host Marvin Woods are scheduled throughout the year.

Galleries Galore It seems as if there's an art gallery on every corner in this fair city. Even if you're not a collector or you have no intention of taking home a painting, stop anyway. Soak up the colors. Ask questions, and quite simply, enjoy the view.

Celebrated painter West Fraser, whose work is featured at Helena Fox Fine Art on Queen Street, says artists here are driven to capture the city's authenticity and character. "It still takes my breath away sometimes when you get that late afternoon golden light coming through the narrow streets and hitting the corner of a building or the top of a steeple," he muses. "It's just a beautiful city."

The number of galleries continues to grow, with many of the finest located on Broad Street and in the historic French Quarter. If you're lucky enough to be in town the first weekend of the month, plan

to attend a First Friday Art Walk. From 5 to 8 p.m., many gallery owners serve food and wine, making art a party. More galleries participate in peak months—March-June, October, and December. Pick up a brochure at a participating gallery, or visit www.charlestongalleryrow.com and www.frenchquarterarts.com for more information.

Love the Locals Buying seasonal produce from local growers is much in the news these days, and the so-called Slow Food Movement has come to Charleston too. Not that it ever truly left. Fresh-from-the-water seafood has always formed the cornerstone for the city's Lowcountry fare, but homegrown produce and meat products were impossible to find on menus.

All that's changing, thanks in large part to Mike Lata of FIG (Food Is Good) Restaurant. Virtually no one was using local growers when he arrived here in 1998. "It took awhile for some of the chefs to get onboard," he admits. "Now I see it as part of the fabric of our cuisine here in Charleston. My peers inspire me daily with how they are buying locally and cooking locally."

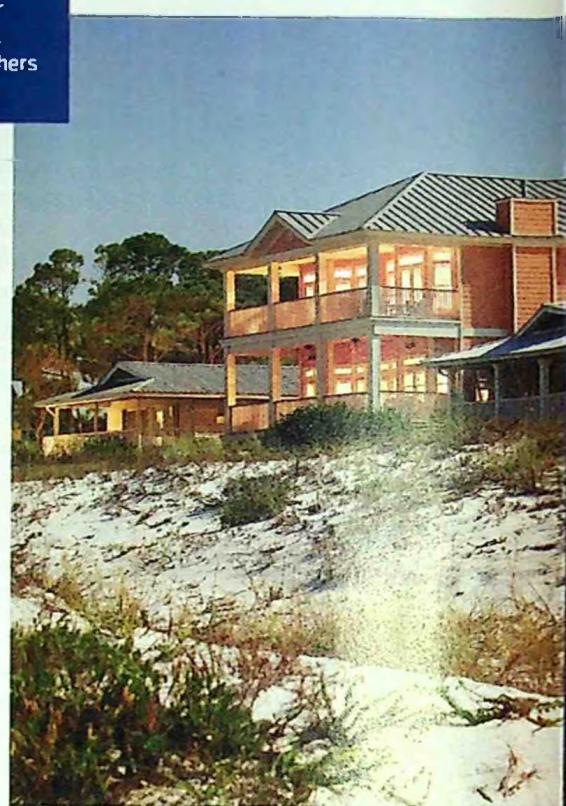
Word of mouth is still the best way to find restaurants that feature a fresh, seasonal approach. Peruse online menus, Mike says, or ask your concierge. Then feel free to quiz your server about where your fish was caught or where your greens were grown. You'll satisfy your hunger to support the local economy and get a great meal too. ●

10 Things Every Visitor Must Do

1. Take a carriage ride.
2. Stroll through The Battery park.
3. Explore City Market.
4. Eat shrimp and grits. We love Hominy Grill for a homey taste or Anson for something a bit more upscale.
5. Walk or bike over the Cooper River Bridge.
6. Tour at least one of the Ashley River plantations.
7. Be a beach bum. Try Sullivan's Island or Folly Beach.
8. Admire the architecture. The Preservation Society hosts its fall homes and gardens tours from September 25–October 26.
9. Learn military history at Patriots Point.
10. Eat dessert. We love the coconut cake at Peninsula Grill.



BELOW, LEFT: Locals can acquire a permit to bring their cars onto the sand. **BELOW, RIGHT:** Houses sport their own personalities. Some are funky; others are sophisticated.



Grayton Beach, FL

If you're like me, summer can't end without another trip to the beach. By **Jennifer McKenzie Frazier**

The locals in Grayton Beach like to describe themselves as quirky. They embrace being different from their neighbors in the Florida Panhandle—the ones along Scenic Highway 30A—with high-class resorts and planned communities such as Seaside, Watercolor, and Rosemary Beach. Grayton is Old Florida, where locals run the place, artists are enamored, rules are tossed in the ocean, and fun is the top priority. Call it funky, eccentric, laid-back, even somewhat slow. You're right on. That's why we love it.

Eat Dining at the beach. It's an adventure, and each restaurant bears its own character. Here are some of my favorites, using Grayton as home base and fanning out.

• **THE RED BAR OF GRAYTON BEACH**

This place is perfectly Grayton—peculiar and oh-so Bohemian, with rock-and-roll posters covering the walls and ceiling, velvet settees for waiting, and loud, often live, music. The menu's on a chalkboard brought to the table, and every selection (all quite

hearty) is delicious. It's cash or check only, and it might take an hour, or even two, to be seated. But it's worth the wait.

• **GRAVEL ROAD**

"We don't need a menu; we've driven five hours for the grouper sandwich. This is always the first stop we make when we get to town," says a man next to me to his waitress. I could eat that sandwich four times a week I enjoy it so much. The place, small and quaint, is closed on Sundays, so plan ahead. Needless to say, go grouper.

• **DESTIN CHOPS 30A**

For a splurge, this is the spot. We travel east to Seacrest Beach near Rosemary, and my husband insists on the surf and turf but it's a toss-up for me: a filet mignon or the catch of the day. We split the stuffed potato, plenty for us both, and it's worth the calories. The restaurant is pricey, though, so leave the kids with a babysitter if possible. (Seaside and Watercolor can both recommend babysitting services with background checks.)

• **FABRICE PATISSIER**

While we always adore the huevos rancheros at

My Tips

1. While you're in town, tour some houses for future bookings. Photos aren't always true representations.
2. Visit the Publix Grocery Store in WaterColor for food staples.
3. Swing by Goatfeathers Seafood Market in Santa Rosa Beach for fresh seafood to cook at your house.
4. Many places charge a cleaning fee, which may not be included; determine extra fees in advance.



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SHIFT_innovation



LEFT: The Red Bar is like nothing you've ever seen. BELOW: Order the grouper sandwich at Gravel Road. BELOW, LEFT: The rental house "Always on My Mind" lives up to its name.



Another Broken Egg Cafe, we've been lured to this authentic French pastry shop in WaterColor. I opt for the flaky croissants to go; I thought the breakfasts were too expensive and not worth it. The Editor of our magazine disagrees and finds it divine. You decide.

• TRATTORIA BORAGO

Skip seafood for a night, and go for some genuine Italian. It's white tablecloth and candlelight, but even with our 2-year-old in tow, we found the staff to be gracious and the food delicious. Try the shrimp pasta with cream tomato sauce or the eggplant lasagna. Then jog home.

Note: A gentle word if you are trying to eat anywhere between 6 and 7:30 p.m.: You will wait. And wait, and wait. So plan an early or late dinner. When they're offered, make reservations.

Stay Start your lodging search by visiting www.rivardnet.com and browsing the properties in Grayton Beach. Rivard of South Walton offers the majority of house and condo rentals in town, and you can see photos on the Internet. We go for the houses—my family piles in and splits the cost.

NUMBERS TO KNOW

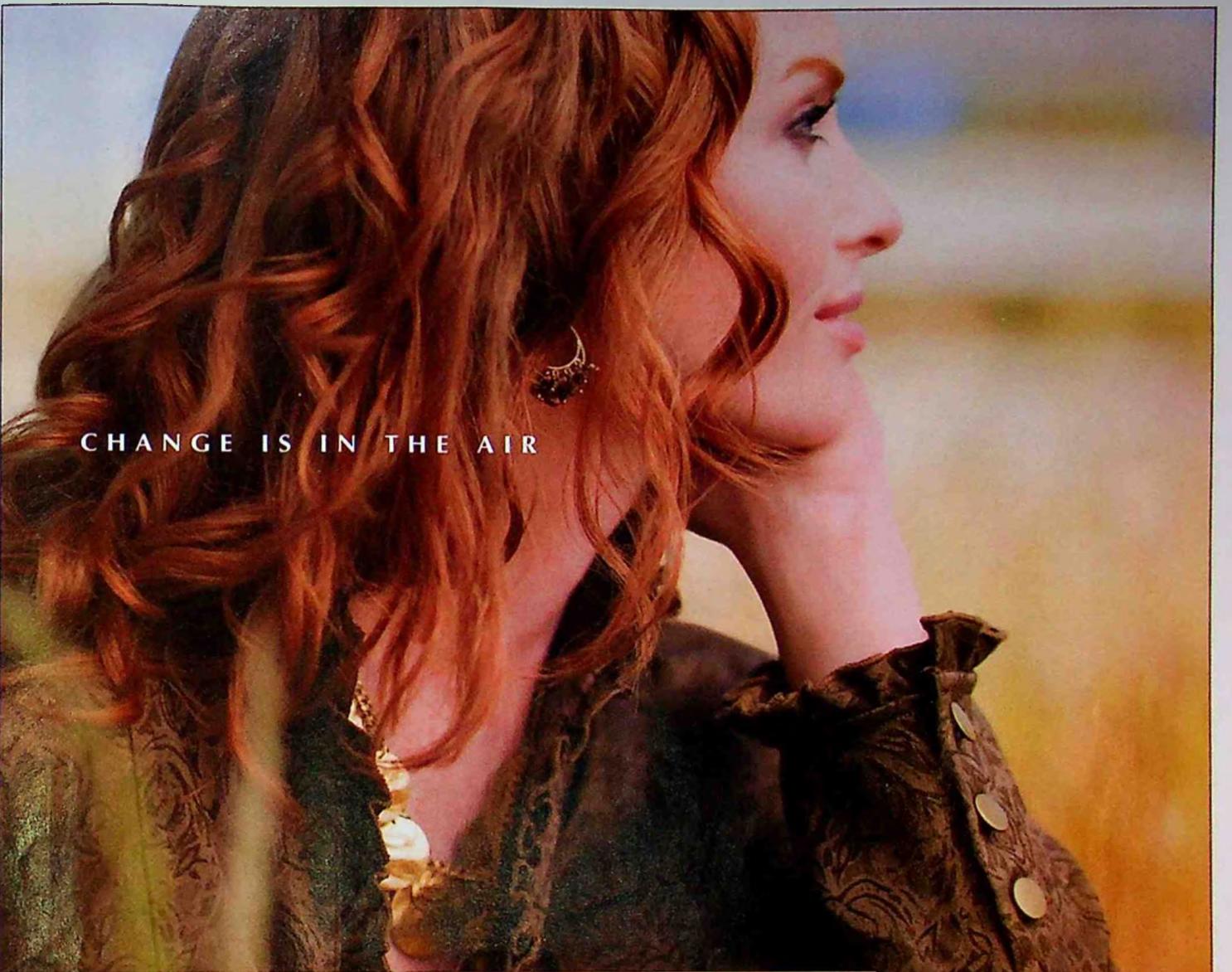
- Beaches of South Walton: www.beachesofsouthwalton.com or 1-800-822-6877
- The Red Bar of Grayton Beach: www.theredbar.com or (850) 231-1008
- Gravel Road: www.geocities.com/gravelroadgrayton or (850) 534-0960
- Destin Chops 30A: www.destinchops30a.com or (850) 231-4050
- Fabrice Patissier: (850) 231-9910
- Another Broken Egg Cafe at Grayton Beach: www.anotherbrokenegg.com or (850) 231-7835
- Trattoria Borago: www.boragorestaurant.com or (850) 231-9167
- Rivard of South Walton: www.rivardnet.com or (850) 231-4446
- Big Mama's Hula Girl Gallery: (850) 231-6201
- Lily Pads: (850) 231-0600
- Goatfeathers: (850) 267-2627

Check out "Always on My Mind"—I'd move in this place in a flash for its sheer style. Other favorites? "Grayton Orange," "Lollygag, Too," and "Lollygag." Some offer great views and are a bit worn-out on the inside, whereas other locations are immaculate inside without the super view. WaterColor Inn & Resort, right down the road, offers the convenience of a full-service hotel, but you pay more in the long run.

Play When you're in Grayton, you spend the majority of your time on the beach. Forget about even wearing shoes—the sand is so super-duper soft it feels like sifted flour.

When you are ready to venture out (i.e. put the shoes back on), you'll discover a community of artists. Swing by Big Mama's Hula Girl Gallery, tightly crammed with everything from Woodie Long folk art to whimsical garden art. If you carry a large purse, leave it in the car or you'll knock something over. I chose a few picture frames (the peeling paint variety) and a small watercolor painting at Lily Pads, a large, market-style shop with multiple vendors and artists. Then the sand and water always draws us back. Day after day. Year after year. You'll see. •





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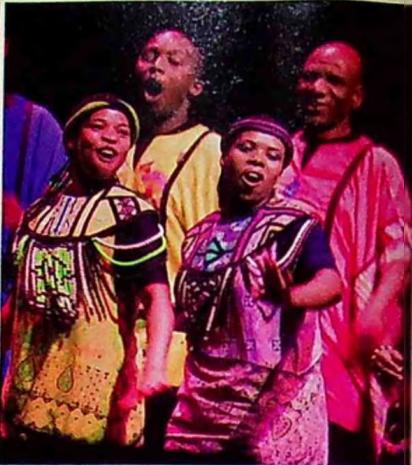
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Travel WORTH A LOOK



LEFT: The MSU Riley Center theater features Victorian elegance with re-created period wallcoverings. ABOVE: Come to see international acts, such as the Soweto Gospel Choir, which performed in February 2007.

Take a Bow

This stellar performance center leaves fans calling for an encore. By **Farrah Austin**

Meridian, Mississippi's renovated theater and conference center really knows how to put on the glitz. With a large name and reputation to match, the Mississippi State University Riley Center for Education and Performing Arts lures A-list crooners and movie stars to Meridian and brings uptown energy to an evolving downtown scene.

A hefty \$25-million budget renovated an adjacent department store into a cutting-edge conference center and returned the theater to her gilded glory. Today, the impressive structure resembles a Manhattan multiplex, with its stunning brick-and-glass facade.

It's Showtime Before the lights dim and the curtain rises, take in the Victorian decor. The theater boasts reproductions of original wallcoverings; private boxes carved of mahogany; and a ceiling shimmering with copper, silver, and gold papier-mâché. Like an aging starlet making a career comeback, the entertainment hall retains much of her original beauty.

Not even celebrities can resist her sparkle now. "Wynton Marsalis played on our stage. He loved the quality of our acoustics and design," says Dennis Sankovich, executive director. "He said, 'Dennis, you have a jewel here. I can't wait to come back.' " Neither can season ticket holders, such as Meridian resident Wink Glover. "It's an eyepopper," says Wink. "It's great to hear the artists who perform here say such wonderful things."

More Than Just Music Thirty thousand square feet of conference space, a studio, and a relationship with the Kennedy Center's "Partners in Education" program further the university's teaching mission. "We're a team," says Dennis, referring to the Kennedy Center ties. School groups visit the center for educational and performing arts events, while the city learns what love for an aging landmark can produce. "For our town," says Wink, "it's a dream come true." •

MSU Riley Center for Education and Performing Arts: 2200 Fifth Street, Meridian, MS 39301; www.msurileycenter.com or (601) 696-2200.



My immune system is so strong, when I say jump,
it asks how high?

I am more than just a dog.

I am an Iams dog



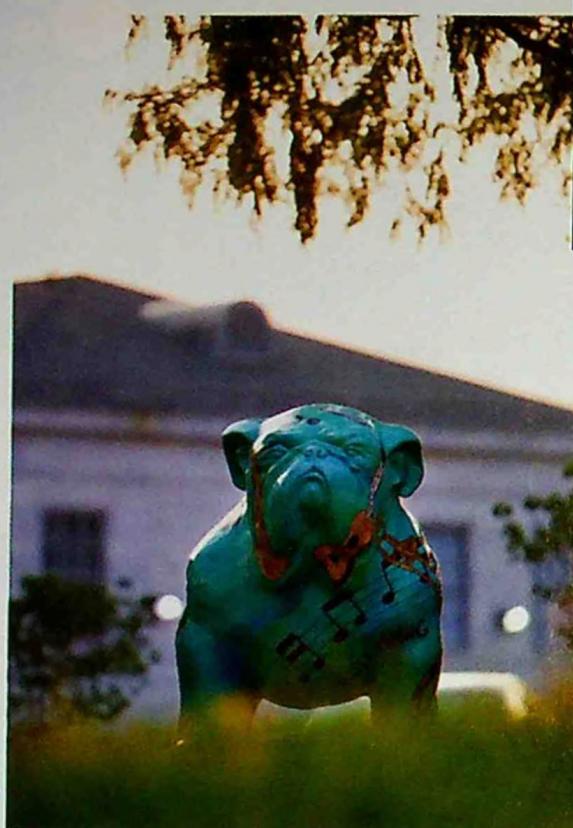
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LEFT: Bulldogs grace the UGA campus and downtown. RIGHT: Owner Eric Vaughn named Toula's, his home-decor store, after his mother. BELOW, LEFT: Dine and shop on Washington Street.



Athens Spirit

One of the best college towns in the South really cranks up in the fall. We'll show you what to see, where to eat, and then tell you where to stay. By **Tanner C. Latham**

Ilands down, Athens sits atop the list of our favorite mid-size college cities. Why? Vibrancy and walkability. The University of Georgia has always kept Athens current with the younger set, but you'll be pleased to find this town features great shops selling more than futons and restaurants serving more than pizza slices. Most of the action orbits four major streets—Washington, Clayton, Lumpkin, and College—so you're only steps from the next great find.

Shopping "Southern French" best describes the style of home-decor items—from furniture to bedding to locally made pottery—at Toula's. You'll be impressed by how artistically owner Eric Vaughn displays his items.

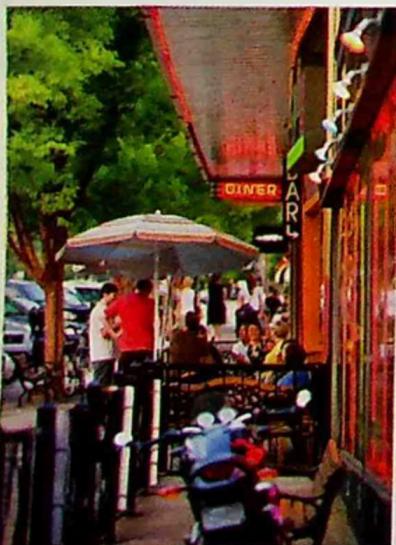
"Whoopie cushions have really come a long way," says April McDowell, manager of Junkman's Daughter's Brother. A pop-culture tchotkes catch-

all, this shop exists as the ultimate alternative department store. You may not actually buy anything in here, but please don't pass it by.

Vintage reigns at Agora, a funky lime green shop on the edge of Clayton. Sift through all the unique jewelry, throwback clothing, and classic antiques until you find something perfect for today.

Dining and Entertainment Even in the lingering heat of September, the tables beneath the trees outside Big City Bread Cafe stay cool. Try one of this adorable breakfast stop's specialties: an omelet or the quiche of the day.

No surprises with Weaver D's. This neon green-painted, cinder block soul food joint gained popularity long before hometown heroes R.E.M. illuminated its slogan "Automatic for the People" with their album. Dexter Weaver is still piling homemade macaroni and cheese, collards, and sweet potato soufflé on plates with fried



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Do you feel shooting pain in your feet? Or tingling, numbness, stabbing or burning sensations? If so, you may have painful neuropathy, also known as nerve pain. This type of pain is different from musculoskeletal (muscle or joint) pain, and may need a different type of treatment. Only Lyrica (pronounced LEER-i-kah) is FDA-approved to treat two of the most common types of nerve pain, Diabetic Nerve Pain and Pain after Shingles. Lyrica is specially designed to provide the relief you need. It works on the nerves that cause this pain. So you can start to think about other things besides your pain. Ask your doctor if Lyrica can help. Lyrica is one of several treatment options for you and your doctor to consider.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue or neck or affects your breathing or your skin. Also tell your doctor about any changes in your eyesight, including blurry vision, muscle pain along with a fever or tired feeling, skin sores due to diabetes or if you are planning to father a child. Some of the most common side effects of Lyrica are dizziness and sleepiness. Others are weight gain, blurry vision, dry mouth, feeling "high," swelling of hands and feet and trouble concentrating. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drive or operate machinery until you know how Lyrica affects you. Do not drink alcohol while taking Lyrica. Be especially careful about medicines that make you sleepy. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see important product information on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

*You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.*

IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious allergic reactions.

Call your doctor right away if you think you have any of the following symptoms of a serious allergic reaction:

- Swelling of the face, mouth, lips, gums, tongue or neck
- Have any trouble breathing
- Other allergic reactions include rash, hives and blisters

LYRICA may make you feel dizzy or sleepy.

- Do not drive a car, work with machines, or do other dangerous things until you are sure you will be alert. Ask your doctor when it is okay to do these things.

LYRICA may cause problems with your eyesight, including blurry vision.

- Call your doctor if you have any changes in your eyesight.

ABOUT LYRICA

LYRICA is a prescription medicine used to treat:

- Nerve pain from diabetes and nerve pain that continues after the rash from shingles heals
This pain can be sharp or burning. It can feel like tingling, shooting, or numbness.
- Fibromyalgia, a condition which includes widespread muscle pain and difficulty performing daily activities

Some people taking LYRICA had less pain by the end of the first week. LYRICA may not work for everyone.

WHO IS LYRICA FOR?

Who can take LYRICA:

- Adults 18 years or older with Fibromyalgia, nerve pain from diabetes, or pain after shingles

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

LYRICA has not been studied in children under 18 years of age.

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions.

Tell your doctor if you:

- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused drugs or alcohol. LYRICA may cause some people to feel "high."
- Are either a man or woman planning to have children or a woman who is breast-feeding, pregnant, or may become pregnant. It is not known if LYRICA may decrease male fertility, pass into breast milk, or if it can harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal products. Tell your doctor if you take:

- Avandia® (rosiglitazone)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling if these medicines are taken with LYRICA.
- Angiotensin converting enzyme (ACE) inhibitors
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness if these medicines are taken with LYRICA.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- Serious allergic reactions. See "Important Safety Information About LYRICA" for a complete description of the symptoms of a serious allergic reaction.
- Dizziness and sleepiness
- Eyesight problems including blurry vision
- Weight gain and swelling of hands and feet. Weight gain may affect control of diabetes. Weight gain and swelling can be serious for people with heart problems.
- Unexplained muscle pain, soreness, or weakness along with a fever or tired feeling
- Skin sores. LYRICA caused skin sores in animals. Although skin sores were not seen in studies in people, if you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

• Dizziness	• Feeling "high"
• Sleepiness	• Swelling of hands and feet
• Weight gain	• Balance problems
• Blurry vision	• Trouble concentrating
• Dry mouth	• Increased appetite
• Constipation	

You may have a higher chance of swelling, hives or gaining weight if you are taking certain diabetes medicines or angiotensin converting enzyme (ACE) inhibitors with LYRICA.

Medicines that already make you sleepy or dizzy may make you feel more sleepy or dizzy with LYRICA.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor may tell you to take it 2 or 3 times a day.
- Take LYRICA with or without food.

Don't:

- Do not drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Do not drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Do not change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Do not start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call:
 - For Nerve Pain: 1-888-9-LYRICA (1-888-959-7422).
 - For Fibromyalgia: 1-888-5-LYRICA (1-888-559-7422).

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The Details

- **Agora:** 260 West Clayton; (706) 316-0130
- **Big City Bread Cafe:** 393 North Finley; (706) 353-0029
- **Ciné:** 234 West Hancock Avenue; (706) 353-7377
- **Farm 255:** 255 West Washington Street; (706) 549-4660
- **Five and Ten:** 1653 South Lumpkin; (706) 546-7300
- **Junkman's:** 458 East Clayton; (706) 543-4454
- **Toula's:** 225 West Clayton; (706) 353-7339
- **Weaver D's:** 1016 East Broad Street; (706) 353-7797

chicken as fast as he can. Automatic.

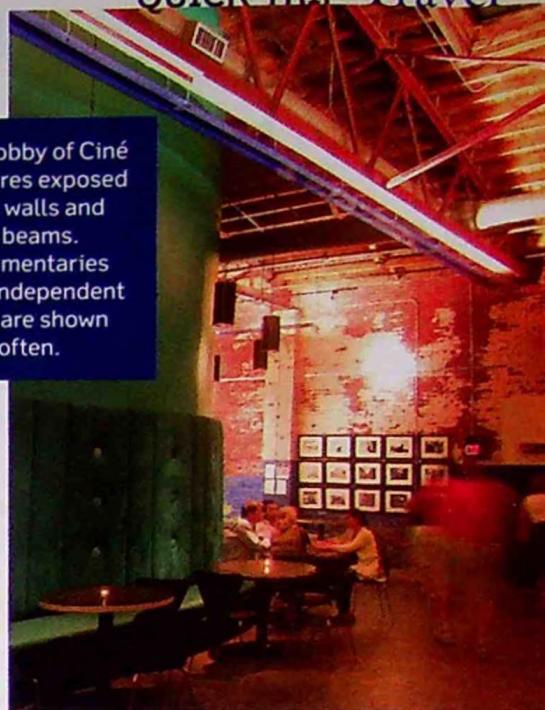
Peek at the Five and Ten menu—bronzed Gulf redfish with lemon emulsion or shiitake risotto with grilled scallions, for example—and you may think stuffy. The dining is fine, for sure, but the atmosphere stays casual in one of the city's most popular restaurants. **Editor's tip:** Make reservations, because it gets crowded quickly.

You've probably seen Farm 255 featured in this magazine, and there's a reason. We return every time we're in town for the low-key vibe and delicious organic fare. **Bonus:** The staff pulls double-duty on the farm where the veggies are grown.

When dinner is done, grab a drink or catch a late-night indie movie or documentary at Ciné, a bar and theater occupying a former post office extension built in the 1930s.

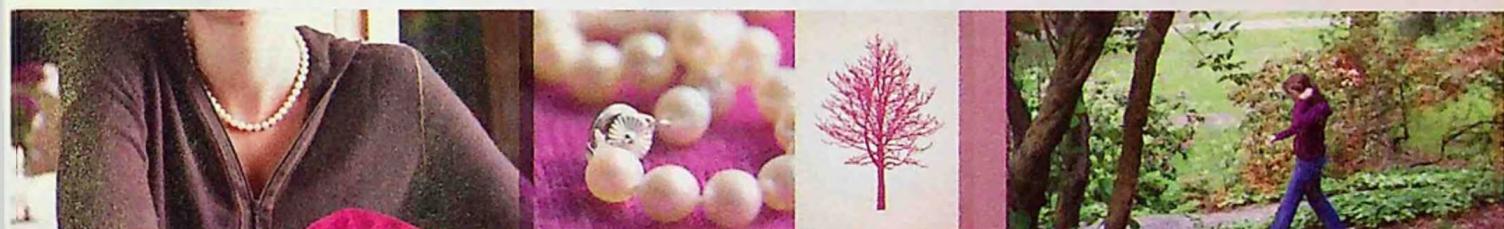
Lodging There are two football games in Athens this month (September 6 and 27) so forget staying overnight on those weekends. On other days, try the Hilton Garden Inn (rates start at \$139) located right downtown. www.hiltongardeninn.com or (706) 353-6800. As an alternative, stay at the Foundry Park Inn & Spa (\$115 week/\$145 weekend). www.foundryparkinn.com or (706) 549-7020. ●

The lobby of Ciné features exposed brick walls and steel beams. Documentaries and independent films are shown here often.



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For more info on the Athens music scene and our favorite venues: southernliving.com/athensmusic



Sporty Cashmere Hoodie, \$109

Page | 119



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MiLa

Slade Rushing and Allison Vines-Rushing strip off the extra layers of traditional New Orleans cuisine and go fresh at MiLa. By **Carolanne Griffith Roberts**

You can tell a lot from the bread basket. That's where surprises begin at MiLa, a recent entry on the New Orleans comeback scene. You start here with two miniature cast-iron skillets, one with a creamy, I-want-the-recipe lima bean puree and the other a luxurious butter crusted with sea salt—both accompanying sweet potato rolls and a softly textured shallot cornbread. Those are just the first of the clean and different foods emerging from the kitchen of Slade Rushing and Allison Vines-Rushing on this (or any) day.

The couple blends Southern roots and New York training in a next-step cuisine for the Big Easy. Not Cajun, not Creole, devoid of heavy creams, sauces, and other maskings. "New Orleans food traditionally has an overindulgence

of rich items—crab, oysters, filet, and hollandaise on one plate—but our food is about purification," says Slade. "We want you to taste the vegetable just picked yesterday."

The ever-evolving menu features Louisiana crab, New Orleans-style barbecue lobster, pig cheeks (a keeper), and various Gulf fish, all deftly sweeping past predictable. "It's approachable," says Allison of the simple ingredients woven into unique combinations. Yes, the kind you want to approach again soon. *817 Common Street, New Orleans (in the Renaissance Pere Marquette Hotel); www.milaneworleans.com or (504) 412-2580. Hours: 6:30-10:30 a.m., 11 a.m.-2 p.m., and 5:30-10 p.m. Monday-Friday; 6:30 a.m.-noon and 5:30-10 p.m. Saturday; 6:30 a.m.-noon and 5:30-9 p.m. Sunday. Entrées begin at \$18.* •

Meal Mecca

"A lot of our peers went out of the city and worked with other chefs; now they're bringing back that knowledge. That new energy is what we thrive on," says Slade. Allison adds, "It's rewarding to be part of the rejuvenation."





brown trout
five runs

oak forest

music
an annual folk festival

an echo that
traveled across
maggie valley

a sharp shinned hawk
patrolling
for prey

the distant sound
of a steam locomotive

brilliant
male bluebird
vying for a
female's
attention

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some of the oldest mountains
in the world

shiny diving Bees
hanging just below the surface

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on their migration

six legged strawberries
can walk on water

fishing spot
even guides
don't know about

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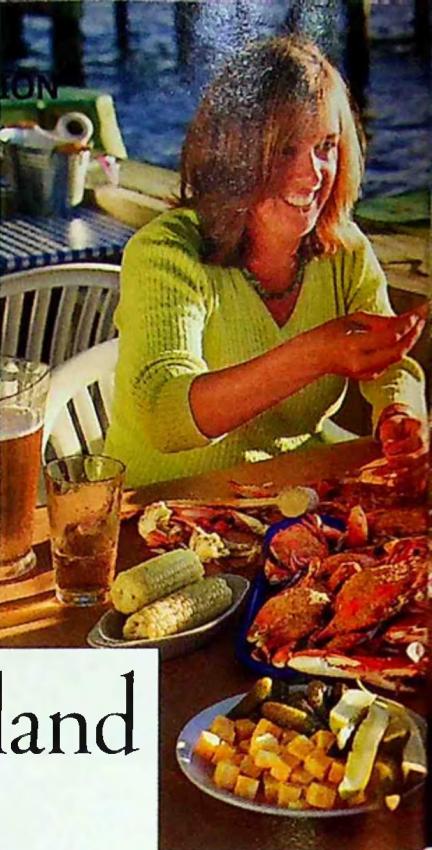
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Travel AROUND YOUR REGION

There is no better season to taste this cracked delicacy from the Chesapeake than now. Here are four of our favorites. By **Annette Thompson**



Pick a Maryland Crab House

As summer ripens into September and the catch becomes heavier, it's the perfect time to find an open-air crab house. The towns around the Chesapeake Bay on Maryland's Eastern Shore are the crab capitals of the world.

Order the Perfect Combo: Steamed Crabs and a Sunset The view at The Masthead at Pier Street Marina in Oxford is so gorgeous that Hollywood put it in *Failure*

to Launch featuring Sarah Jessica Parker and Matthew McConaughey. While you probably won't rub elbows with those movie stars, you can order steamed crabs just like they did. A covered wraparound deck filled with picnic tables cozies up to the Tred Avon River, with water on three sides of the eatery.

Order by size and amount—choose from a half-dozen or dozen crabs that are 5 to 6 inches, 6 to 7 inches, or 7 inches and up. Beginners should start with the 6- to 7-inchers—they often

HOW TO CRACK THE CRAB PUZZLE

While there are no hard rules about how to get the meat from the beast, folks will look at you funny if you don't follow these general guidelines.

1. **Wear casual clothes** that you don't mind splattering with crab juice.
2. **Pull off the legs.** See any dangling meat? Bite it off.
3. **Take a mallet to the claws;** one swift crack should bare open the crab flesh inside, which you can remove with your teeth.
4. **Remove the apron** (the belly side) with a knife, and scrape and discard the mustard (the yellowish gills and other parts).
5. **Break the back in half** with your hands, a knife, or a mallet. You'll be left with hunks of luscious crabmeat.



The Masthead in Oxford has a deck full of tables by the water. It's so picturesque that it was featured in a scene from the movie *Failure to Launch*.



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have as much meat as the big boys and are easier to handle. Your server will unceremoniously dump a big tray of crabs, crusty with Old Bay Seasoning, onto your paper-covered table. You'll want to pull out every sweet bite. The meal comes with tender Eastern Shore corn on the cob. Crab prices change weekly based on availability and size. *104 West Pier Street; www.latitude38.org/masthead/mh.htm* or (410) 226-5171.

Where To Get Crabby

Try these other Eastern Shore crab houses where picking and grinning takes on a tasty flavor.

- **The Crab Claw:** Mill Street at Navy Point, St. Michaels, MD 21663; www.thecrabcaw.com or (410) 745-2900.
- **St. Michaels Crab and Steak House:** 305 Mulberry Street, St. Michaels, MD 21663; www.stmichaelscrabhouse.com or (410) 745-3737.
- **Waterman's Crab House:** 21055 Sharp Street Wharf, Rock Hall, MD 21661; www.watmanscrabhouse.com or (410) 639-2261. •

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Check In at Kimpton

This line of upscale hotels offers more than just a place to lay your head. They're stylish and sassy too. By Cassandra Vanhooser

The question I'm most frequently asked about the Nation's Capital is: Where should I stay?

The number of choices boggles the mind. It seems there's a hotel on every corner. I've spent a lot of time finding the right hotels, and here is my verdict: Whether traveling to D.C. for business or pleasure, turn to the Kimpton's group of fine lodgings first.

New Kid on the Block If you've never heard of the Kimpton chain, don't worry. You will soon. The San Francisco-based company leads the nation in developing boutique hotels—those intimate lodgings packed with amenities, distinctive furnishings, and stellar service.

Kimpton burst on the Washington, D.C., scene in 2001 and now boasts seven hotels in the district. "There are a growing number of customers who don't want the

one-size-fits-all approach," says CEO and president Mike Depatie.

You've Got Personality The colorful, eclectic Hotel Monaco Washington, D.C., occupies the 1839 General Post Office building. Designed by Washington Monument architect Robert Mills for the Penn Quarter neighborhood, it lies within walking distance of the National Mall. It cozies up to the Smithsonian National Portrait Gallery, the International Spy Museum, and the Verizon Center.

The elegant and contemporary Hotel George on E Street remains a favorite. It's perfectly situated just a couple of blocks from Union Station and houses Bistro Bis, one of the city's finest restaurants.

Artsy and sophisticated, Hotel Palomar is located just west of Dupont Circle on P Street. With 335 rooms, it is Kimpton's largest D.C. property and often the easiest

to book. Others include Madera, Topaz, Rouge, and Helix.

Amenities Abound Each hotel provides a complimentary wine hour, free Internet access, and a 24-hour fitness channel. Many also sport large-screen TVs, iPod docking stations, and exceptional linens. Still, each boasts a little something extra.

Guests can rent the Hotel Madera's hybrid car to use for trips around town or park their own hybrid cars at the hotel for free. On weekends, Hotel Rouge serves Bloody Marys and cold pizza to late-night partiers. Hotel Monaco even lets guests borrow a goldfish if they're feeling a bit lonely.

Like all D.C. hotels, Kimpton prices vary dramatically, depending on what's happening in town. Late summer is the best time to score a great rate because prices bottom out when Congress goes on hiatus. Rates will increase again when the senators and representatives are back in town. ■

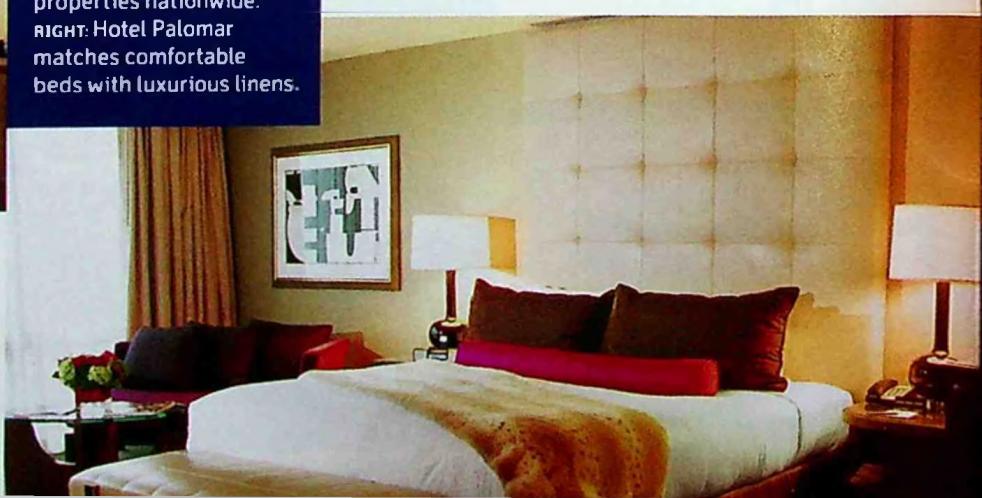


LEFT: Four-legged guests are welcome at D.C.'s Hotel Palomar, just as they are at each of the dozens of Kimpton properties nationwide.

RIGHT: Hotel Palomar matches comfortable beds with luxurious linens.

Worth the Wait

Two more Kimpton properties—Hotel Monaco Alexandria and the Morrison House—opened earlier this year across the Potomac in Alexandria, Virginia. One of our editors visited the gorgeous hotels and experienced air-conditioning problems. Hopefully they'll work out the kinks soon, and these properties



For more information visit www.kimptonhotels.com, or call 1-800-546-7866.

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of the grocery bag.



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Duke's

A man and a woman are dancing on a beach at sunset. The man, wearing a dark t-shirt and light-colored shorts, has his arm raised and is holding the woman's hand. The woman, wearing a light-colored tank top and shorts, is twirling. They are standing on a wooden boardwalk with sand and dunes in the background. The sky is filled with warm, golden light from the setting sun.

Shouldn't your kids spend more time with their grandparents anyway?

It's time.

Remember when it was just the two of you? When long walks, quiet conversations and special, uninterrupted moments were the norm, not the novelty? Well, maybe this is the weekend to recapture some of that.

To reconnect and rediscover the magic that brought you together in the first place.

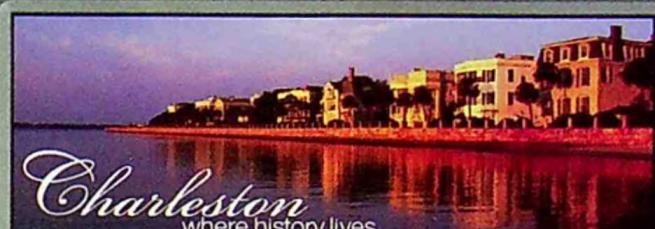
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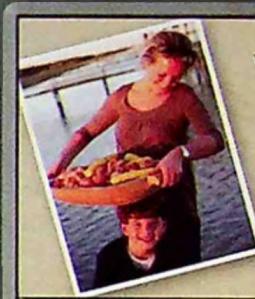
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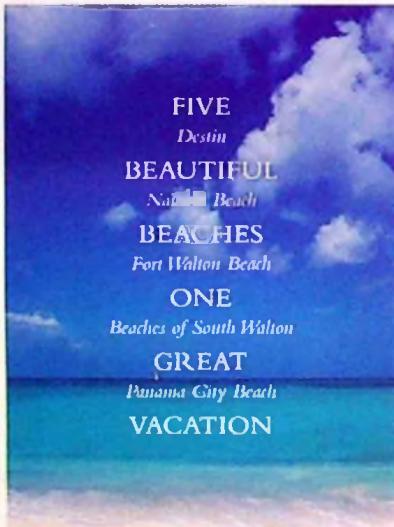
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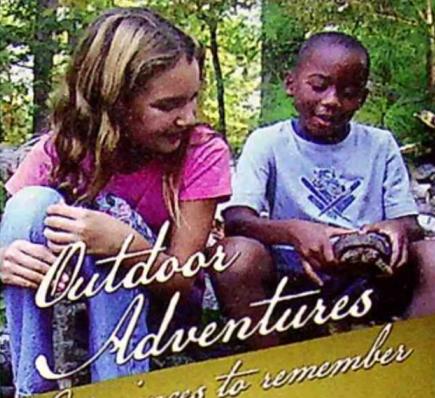


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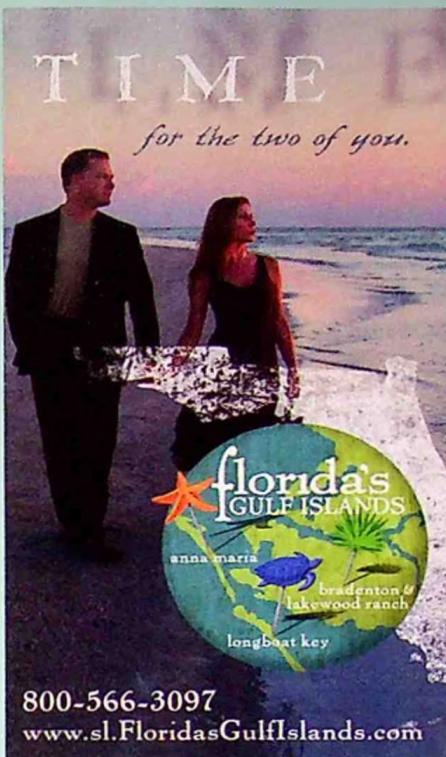
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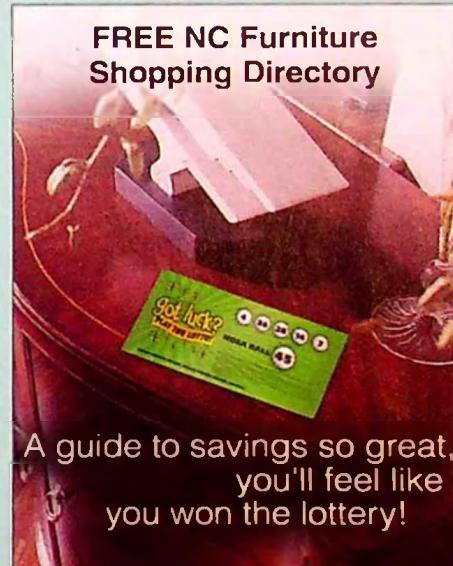
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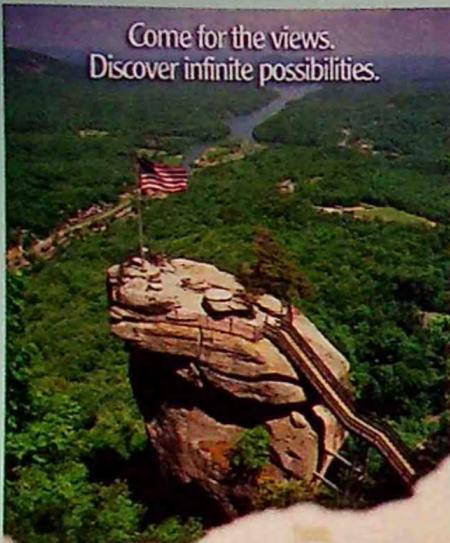
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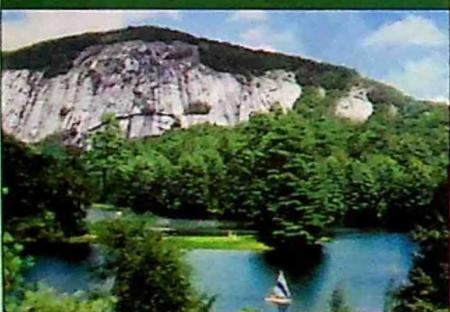
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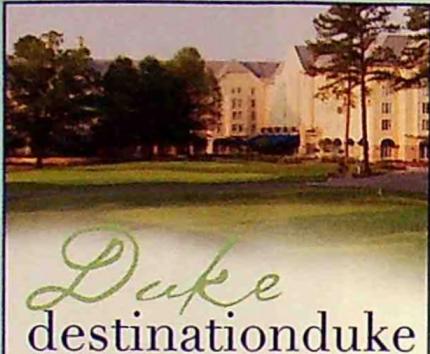
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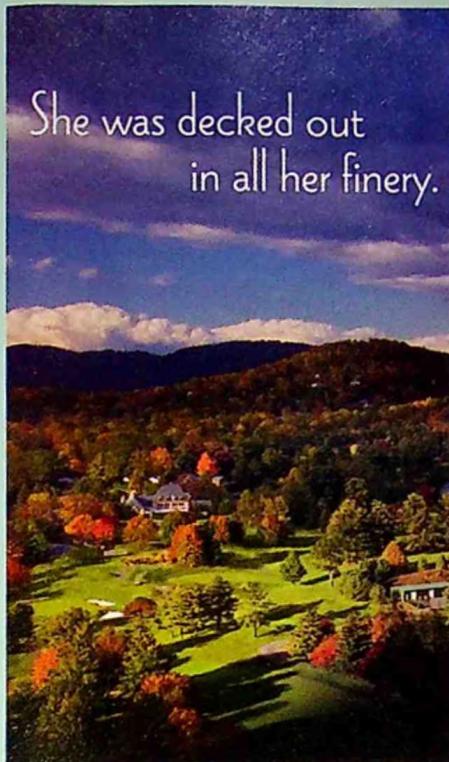
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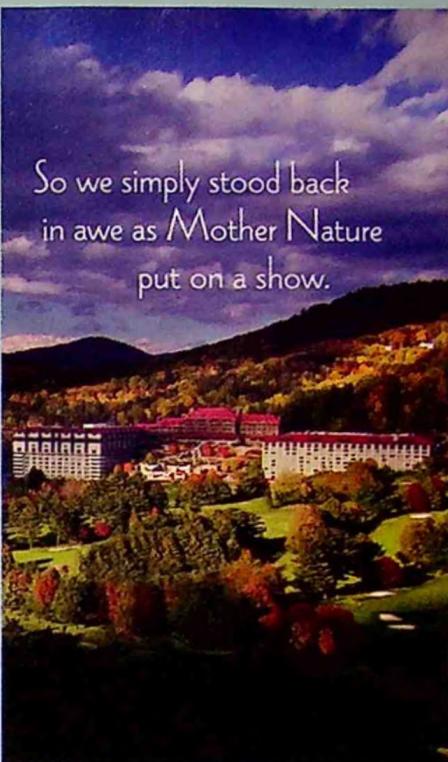
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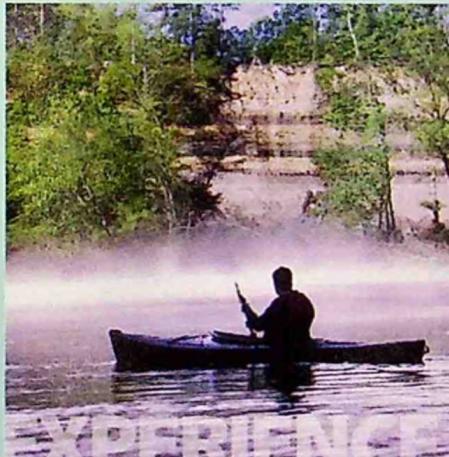
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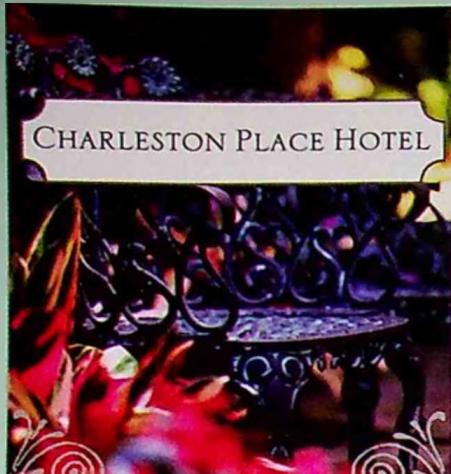
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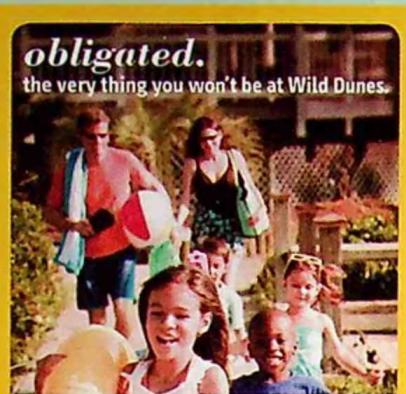
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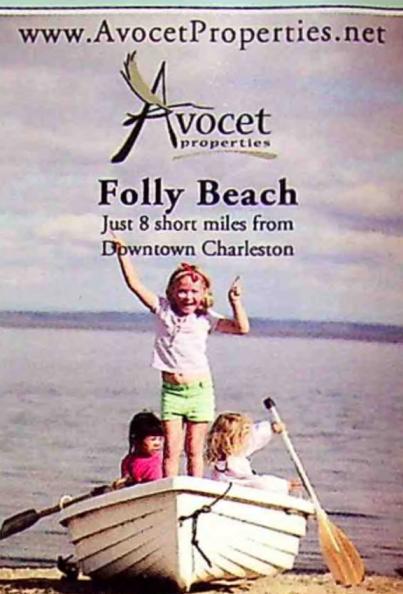
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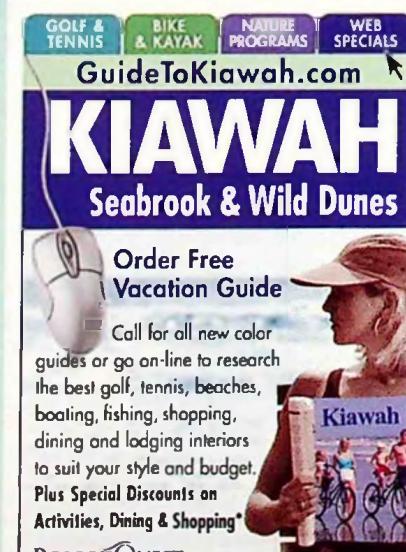
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Home & Ga



The new kitchen was installed in the area formerly reserved for dining at the end of the long room, Lindsay says. The former kitchen became the new dining room.

Rearrange &

This overcrowded great room gets a smart update that's perfect for every day.
By Amy Bickers Mercer, photography Laurey W. Glenn, styling Scott Martin

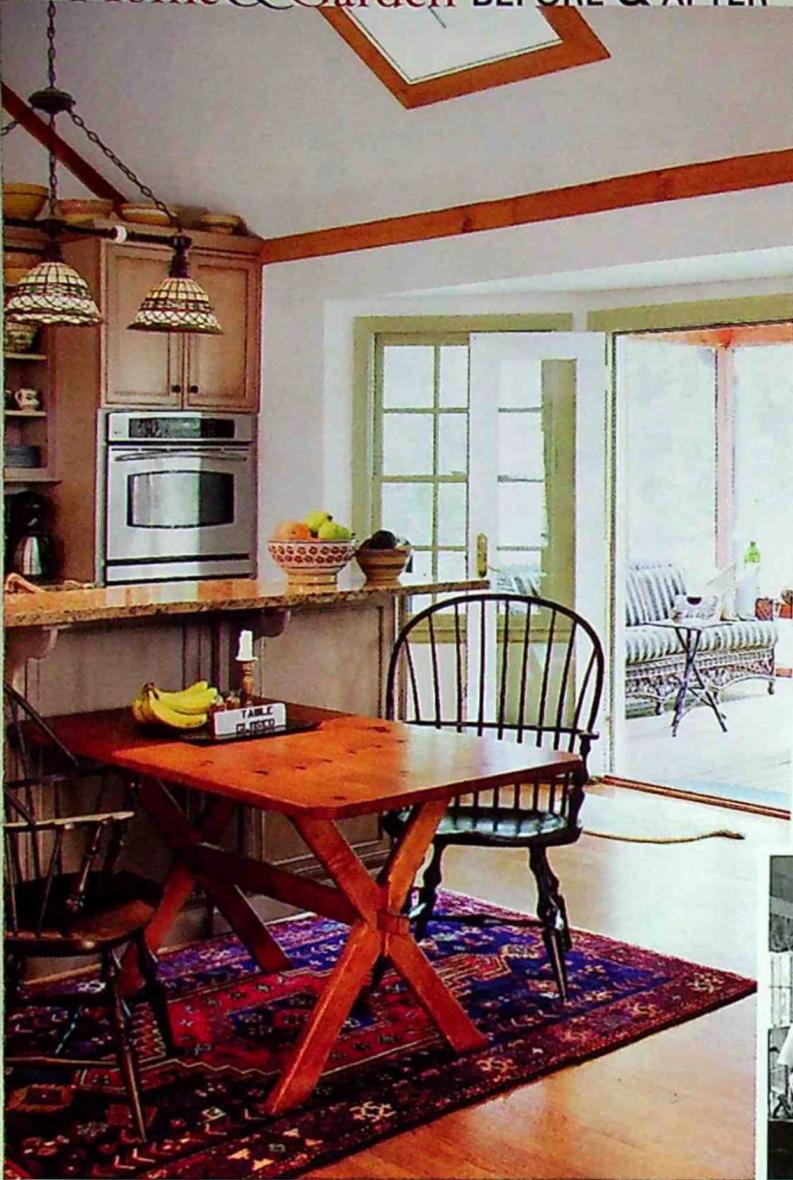


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Renew



The existence of telekinesis is debatable. (If you believe you can move objects with your mind, raise your hand. Now raise *my* hand.) But here's a power we absolutely don't doubt—the ability to move objects *in* your mind. All it takes is a great makeover to prove that some people can look at a cluttered room and mentally clear it, leaving a long, empty space full of possibilities.

A Vision of the Future Lindsay and Jack Stroker bought their Charlotte home several years ago largely based on its potential. It needed a substantial amount of work, but Lindsay was sold on revitalizing this classic. Even with her powers

of visualization, she answers truthfully when asked if she knew how she would handle the long room at the back of the house.

"Not a clue! I just knew something had to be done. Prior to the start of renovation I was standing at the far end, looking into the then-empty, long room and realized the only way to live in this very unusual shaped room was to have everything in it," she says.

Lindsay developed a plan based on what she wanted in the room: a good working kitchen with a small dining area, a second seating area around the fireplace, and a third area to unwind and watch television.

Kitchen Clairvoyance The area previously reserved for dining was turned

LEFT: Off the new kitchen, a bay window was replaced with French doors that open to the porch. "It is the lifeblood of the house," Lindsay says. "It allows us to live outside as often as possible." **ABOVE:** Lindsay swears by the room's colors. "I use them everywhere even my husband's offices. You'd be surprised at the warmth those colors bring," she says. The walls are Linen White (Ready-Mixed Interior), and the trim is Mosaic Tile (1517). Both are from Benjamin Moore.

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LEFT: Casey the Jack Russell terrier lounges near the fireplace, which Lindsay calls "the most important element of a home." **ABOVE:** When the couple purchased the house, they saw its potential. "It had great bones and needed some tender loving care and a lot of work," Lindsay says.

into the kitchen. The former kitchen now houses the dining room. The location is ideal because it opens into the dining room on one side and a screened porch on the other. "The French doors are open to the porch 9 or 10 months of the year. Even if the temperature is in the 50s, it is likely that those doors are open to the outside," Lindsay says.

A kitchen island is the perfect way to visually divide the kitchen from the rest of the room. Lindsay thought about how she works in the kitchen and had the essentials installed accordingly. "I chose to have the sink rather than the cooktop on the island so I could look out over the room. I spend more time at the sink than at the stove."

A small pine table and Windsor chairs tucked next to the island are a surprising—and more comfortable—alternative to barstools.

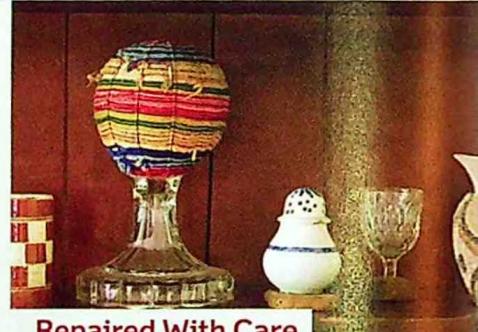
Mind Over Matter No matter where people are in the room, easy interaction is possible. Lindsay says one of her favorite things is being able to talk to her family and guests while she's in the kitchen

area. "The acoustics must be good or it's just the perfect-size room because I rarely have to raise my voice to be heard by someone watching TV," she adds. The television is wall-mounted on a swivel so it can be viewed from the kitchen too.

During a typical evening at home, Jack and Lindsay make use of every area of this room. "We usually work our way across the room. Preparing dinner in the kitchen, sitting at the table. After dinner in the colder months we sit by the fire with the newspaper or books. Eventually, we end up on the couches in front of the TV falling asleep," she says.

Past-Life Ponderings Lindsay considers the space a keeping room rather than a great room, a term she thinks is overused.

"Centuries ago in this country a keeping room was the main room of the house with a large walk-in fireplace where they cooked. They also spent all their time in the room, and they slept there too," she explains. "So, in my thinking, this room is more like that than anything." •



Repaired With Care

It may be all the rage, but going Green isn't new. Just look at Lindsay's collection of make-dos. Small household items, if broken today, would likely be thrown out. These items that date from the mid-19th century and earlier were restored. A glass base for something such as an oil lamp, after it was broken, was turned into the base for a pin holder. A porcelain spice container with a broken pedestal was given a new wooden base so it could still be used. A damaged claret glass was given a new base crafted from pine.

"Make-dos are old, broken objects that were important enough to carefully remake or restore to use again," Lindsay says.



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IMPORTANT INFORMATION ABOUT CRESTOR® (ROUVASTATIN CALCIUM)

Please read this summary carefully and then ask your health care professional about CRESTOR. No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your health care professional. Only your healthcare professional has the training to help weigh the risks and benefits of a prescription drug.

WHAT IS CRESTOR?

CRESTOR is a prescription medicine that belongs to a group of cholesterol-lowering medicines called statins. Along with diet, CRESTOR lowers "bad" cholesterol (LDL-C) and increases "good" cholesterol (HDL-C). CRESTOR also slows the progression of atherosclerosis in adults with high cholesterol, as part of a treatment plan to lower cholesterol to goal.

WHAT IS CHOLESTEROL?

Cholesterol is a fatty substance, also called a lipid, normally found in your bloodstream. Your body needs a certain amount of cholesterol to function properly. But high cholesterol can lead to health problems. LDL-C is called bad cholesterol because if you have too much in your bloodstream, it can become a danger to your health and can lead to potentially serious conditions. HDL-C is known as good cholesterol because it may help remove excess cholesterol. Common health factors such as diabetes, high blood pressure, smoking, obesity, family history of early heart disease, and age can make controlling your cholesterol even more important.

WHAT IS ATHEROSCLEROSIS?

Atherosclerosis is the progressive buildup of plaque in the arteries over time. One major cause is high levels of LDL-C. Other health factors, such as family history, diabetes, high blood pressure, or if you smoke or are overweight, also play a role in the formation of plaque in arteries. Often this plaque starts building up in arteries in early adulthood and gets worse over time.

HOW DOES CRESTOR WORK?

Most of the cholesterol in your blood is made in the liver. CRESTOR works by blocking an enzyme in the liver. Blocking this enzyme causes the liver to make less cholesterol. CRESTOR helps the liver absorb and use more cholesterol from the blood.

WHO SHOULD NOT TAKE CRESTOR?

Do not take CRESTOR if you

- have had an allergic reaction to CRESTOR or are allergic to any of its ingredients. The active ingredient is rosuvastatin calcium. The inactive ingredients are: microcrystalline cellulose, lactose monohydrate, tribasic calcium phosphate, crospovidone, magnesium stearate, hypromellose, triacetin, titanium dioxide, yellow ferric oxide, and red ferric oxide
- have liver problems
- are pregnant or think you may be pregnant, or are planning to become pregnant. CRESTOR may harm your unborn baby. If you become pregnant, stop taking CRESTOR and call your health care professional right away
- are breast-feeding. CRESTOR can pass into your breast milk and may harm your baby

The safety and effectiveness of CRESTOR have not been established in children.

HOW SHOULD I TAKE CRESTOR?

- Take CRESTOR exactly as prescribed by your health care professional. Do not change your dose or stop CRESTOR without talking to your health care professional, even if you are feeling well
- Your health care professional may do blood tests to check your cholesterol levels during your treatment with CRESTOR. Your dose of CRESTOR may be changed based on these blood test results
- CRESTOR can be taken at any time of day, with or without food
- Swallow the tablets whole
- Your health care professional should start you on a cholesterol-lowering diet before giving you CRESTOR. Stay on this diet when you take CRESTOR
- Wait at least 2 hours after taking CRESTOR to take an antacid that contains a combination of aluminum and magnesium hydroxide
- If you miss a dose of CRESTOR, take it as soon as you remember. However, do not take 2 doses of CRESTOR within 12 hours of each other
- If you take too much CRESTOR or overdose, call your health care professional or a Poison Control Center right away or go to the nearest emergency room

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE TAKING CRESTOR?

Tell your health care professional if you

- have diabetes, thyroid, liver or kidney problems
- are pregnant or think you may be pregnant, or are planning to become pregnant
- are breast-feeding
- have a history of muscle pain or weakness
- drink alcoholic beverages
- are of Asian ancestry

Tell your health care professional about all medicines you take or plan to take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may interact with CRESTOR, causing side effects. It is particularly important to tell your health care professional if you are taking or plan to take

- cyclosporine (used after organ transplants)
- gemfibrozil (used to lower cholesterol)
- fibrates (used to lower cholesterol)
- niacin (used to lower cholesterol)
- warfarin (used for thinning blood)
- lopinavir/ritonavir combination (used to treat HIV/AIDS)
- birth control pills that contain ethinyl estradiol or norgestrel
- antacids containing aluminum and magnesium hydroxide (used for heartburn)

Know all of the medicines you take and what they look like. It's always a good idea to check that you have the right prescription before you leave the pharmacy and before you take any medicine.

Keep a list of your medicines with you to show your health care professional. If you need to go to the hospital or have surgery, tell all of your health care professionals about all medicines that you are taking.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF CRESTOR?

CRESTOR can cause side effects in some people. Serious side effects may include:

Muscle problems. Call your health care professional right away if you experience unexplained muscle pain, tenderness, or weakness, especially with fever. This may be an early sign of a rare muscle problem that could lead to serious kidney problems. The risk of muscle problems is greater in people who are 65 years of age or older or who already have thyroid or kidney problems. The chance of muscle problems may be increased if you are taking certain other medicines with CRESTOR.

Liver problems. Your health care professional should do blood tests before you start taking CRESTOR and during treatment to check for signs of possible liver problems.

The most common side effects may include: headache, muscle aches and pains, abdominal pain, weakness, and nausea.

This is not a complete list of side effects of CRESTOR. Talk to your health care professional for a complete list or if you have side effects that bother you or that do not go away.

HOW SHOULD I STORE CRESTOR?

Store your medication at room temperature, in a dry place. If your health care professional tells you to stop treatment or if your medicine is out of date, throw the medicine away. Keep CRESTOR and all medicines in a secure place and out of the reach of children.

WHERE CAN I GET MORE INFORMATION ABOUT CRESTOR?

Talk to your health care professional. Full Prescribing Information is available on www.CRESTOR.com or by calling 1-800-CRESTOR.

GENERAL ADVICE

It is important to take CRESTOR as prescribed and to discuss any health changes you experience while taking CRESTOR with your health care professional. Do not use CRESTOR for a condition for which it was not prescribed. Do not give CRESTOR to other people, even if they have the same medical condition. It may harm them. Keep CRESTOR and all medicines away from children. This summary provides important information about CRESTOR. For more information, please ask your health care professional about the full Prescribing Information and discuss it with him or her.

Visit www.CRESTOR.com. Or call the Information Center
at AstraZeneca toll-free at 1-800-CRESTOR.

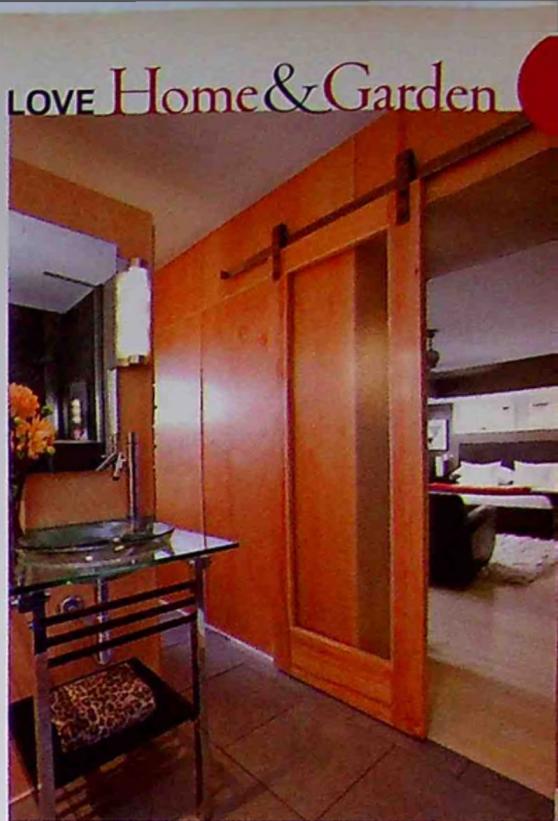
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Although the vanity is centrally located, the see-through glass countertop and vessel sink bowl keep the bath visually open.

FAR RIGHT: Because there wasn't enough room for a conventional side-hinged door, the Mosleys installed a top-mounted, sliding one.



"Having just one sink is really not a problem; after all, how often do two people brush their teeth at exactly the same time?" says Ben. "Locating the prep and washup area in the middle enabled us to add extra storage cabinets."

Like orbiting planets, the Mosleys' shower, water closet, and tub hug the surrounding walls, giving the central column full walk-around space. With both the walls and the cabinetry sheathed in maple-veneer plywood, the bath possesses an open and streamlined appearance. Composed of both drawers and touch-latch doors, the cabinets keep toiletries, clothes hampers, and other necessities from collecting on the countertops and floor.

Meeting in the Middle

By placing their vanity and makeup area in the center of their bath, this couple put every inch to good use. By **Robert Martin**

Master baths can sometimes be tricky to map out. Decisions must be made about where to put the water closet, tub, and sinks. And making the space bigger isn't always the best solution. Even if there's enough room to line up everything against the walls, what about the empty zone that inevitably occurs in the middle?

Staking Their Claim Determined to give this proverbial no-man's-land a purpose, Ben and Stacy Mosley configured their Nashville master bath based upon how they use the space. Instead of going the regular route of putting two his-and-hers sinks in a base cabinet, they created a central storage column with a sink on one side and a higher makeup countertop for Stacy on the other.

Open-and-Shut Case Another feature that helps to keep the circulation flowing is the barnlike door found at the bath entrance. Because a side-hinged version would have gotten in the way, Ben installed top-mounted gliders on the panel and hung it on a metal track. This idea is also a great solution when doors can't recess into walls due to plumbing or other obstacles. ●

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Sources and master bath miracle—from dated to dazzling: southernliving.com/bathmiracle

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LEFT: Peperomias' petite size and minimal care requirements make them great for shelves and tight spaces. House a collection of these reasonably priced plants in a bookcase for a fresh look. TOP: The foliage of *Peperomia argyreia* takes on the appearance of a lily pad. ABOVE: *P. clusiiifolia 'Tricolor'* offers long, variegated leaves.

Show Off This Plant

Tried-and-true peperomias are easy, and their subtle beauty makes a big statement. By **Ellen Ruoff Riley**

It's time to take a new look at peperomias. In the past, these reliable houseplants often played second fiddle to bigger, brighter stars in dish gardens and florist gift baskets. While there's nothing wrong with being a team player, their beautiful foliage and easy care make them classy stand-alone plants when displayed to their best advantage.

- **Good looks:** Many peperomia selections have waxy, heart-shaped leaves that float atop colorful stems. Their foliage may be heavily rippled or smooth and patterned with a slightly metallic appearance.
- **Easy care:** These plants are incred-

ibly trouble free. Give them bright light away from direct sun. Allow the soil to dry slightly between waterings. Feed them with an all-purpose, water-soluble liquid fertilizer (such as 20-20-20) once a month during summer.

- **Water right:** Excessive moisture is more harmful than too little. If leaves yellow, it's often because of overwatering. Remove them at the plant's base, and adjust your watering routine.
- **Display them:** Choose decorative containers to complement foliage colors and textures. When you have a collection of peperomias, keep the pots similar in style and color so the plants steal the show. •



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Twice the Style

Get two great dining rooms in one space with these clever moves. By Todd Childs

We would all like to have a large, grand place to entertain, but when the company is all gone, how do you take that same space from cavernous to cozy? With great design ideas and color choices, you can create a room that's ready for any occasion.

Going Up Carol and Steve Hazard's West Point, Mississippi, dining room was a long, narrow cave o' beige when they bought the home a few years ago. Carol loved the space but wanted to add some fashion while maintaining the function.

With the help of designer Stephen Bengel, she kept things fresh with soft tone-on-tone green wallpaper. The vertical stripes help to pull the eye up instead of toward the horizon at the other end of the room. She also emphasizes the height of the room by accessorizing above eye level. A plate rack bordering the formal dining area holds her col-

lection of English Staffordshire china. Taller pieces of furniture such as the Welsh cabinet provide great storage while keeping the visual interest up—literally.

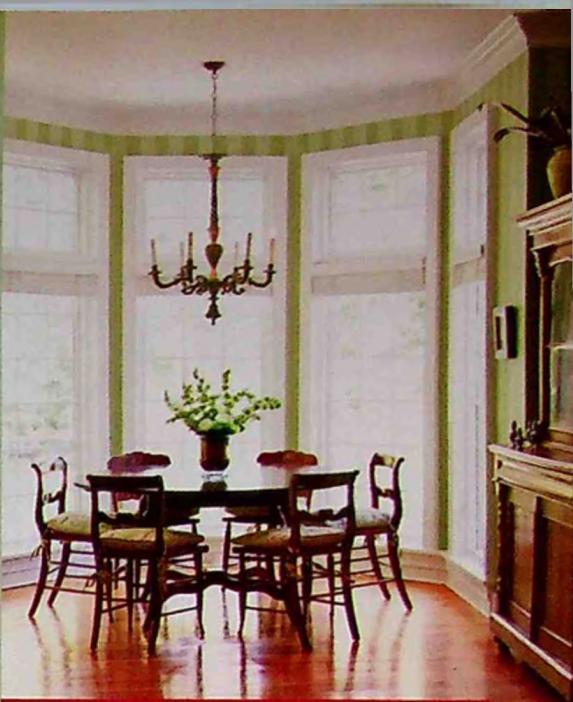
Making Ends Meet Carol uses her dining room to entertain on special occasions. So the large, open space that bridges the breakfast area and the formal dining area is perfect for setting up extra tables and chairs and keeping everyone together. However, to avoid rattling around in a banquet hall every day, she treats each end of the room as a separate space by grouping the furniture tightly in each area. This configuration gives each space its own identity.

The formal dining area is a touch more proper with Carol's collection of inherited antiques and china. The breakfast area is pared down and laid-back. The round table and collection of French painted chairs are a foil to the more buttoned-up dining room. Put together, this room is fun, formal, and fabulous. ●

PHOTOGRAPHS: CHARLES WALTON IV



Grip It and Rip It!

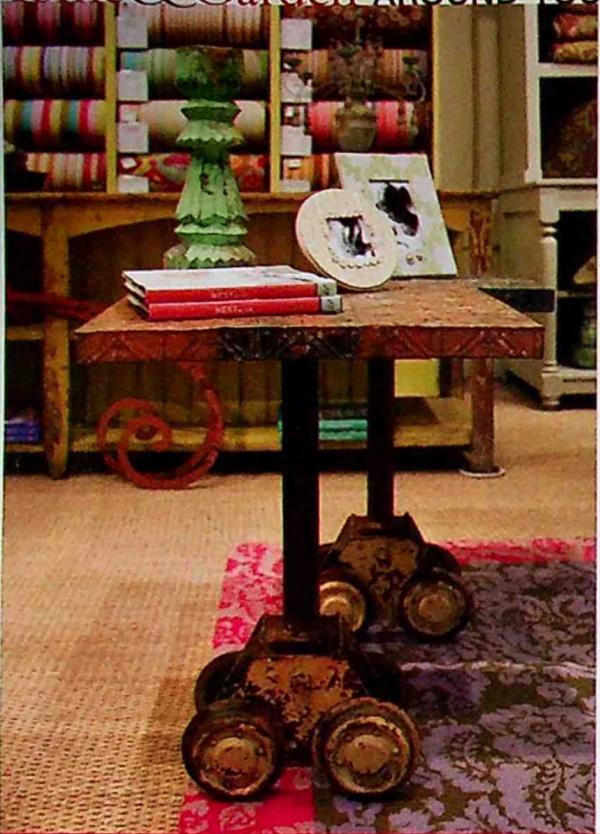


LEFT AND ABOVE: This long, narrow space could have resembled a bowling alley, but a smart design saved the day. On one end is a more formal dining area (shown at left), which is perfect for special occasions. On the other end is a more casual grouping (shown above) for everyday meals.

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ABOVE: When buying an architectural piece or an industrial antique, ask about its history. Look for words and dates on the item for authenticity. It will also give you a story to tell. RIGHT: An old metal drum was reinvented as a coffee table, which looks best paired with a traditional piece, such as a skirted sofa.



Look What We Found

Take a cue from **Terra Cottage** in trendy Midtown Atlanta for tips on blending new and old furniture with durable industrial pieces and soft, frilly accessories. By **Sara Anderson**

For a home store to be great (not just good), it has to have creative displays and inventive vignettes everywhere you look. Terra Cottage gets an A+ in this department. It's full of cottage cuteness—embroidered bedding, coral-print pillows, and lamps with the shades painted on the inside. But what keeps us coming back is the store owner's sharp eye for crazy-cool antiques and industrial pieces that have been reinvented.

On a recent visit, we fell in love with metal pulleys (originally from an old factory) that had been repurposed into side

tables and a perforated steel drum that was granted a second life as a coffee table. "My favorite items are the ones with a sense of history," says owner Sandie Hurlburt. "I like things that get used in new, quirky ways so they don't just end up in a landfill."

One of her latest scores: A manhole mold she recently found in Macon, Georgia, that's now being used as a tabletop. How many times have you seen something like that? Not nearly enough.

Know Before You Go New inventory arrives every month—much of it from France and Belgium. Don't miss the Pine

Cone Hill bedding selection with everything from quilts to pillow shams. Also check out the vintage-inspired accessories, such as frames covered with pretty wallpaper. The quirky, industrial-type items don't last long in the store because they're such great one-of-a-kind finds. And good news: If you like a piece but need it in a different color or size, ask Sandie if she can customize it for you. Chances are, her answer will be yes. •

Terra Cottage: 1183 Howell Mill Road, Atlanta, GA, 30318; www.terracottagelc.com or (404) 350-0330.



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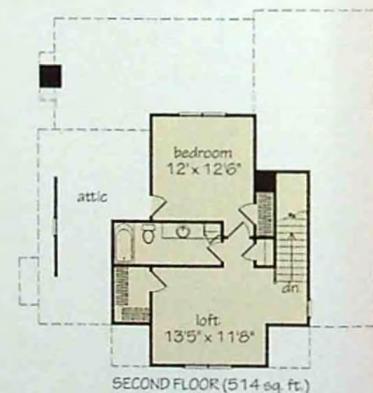
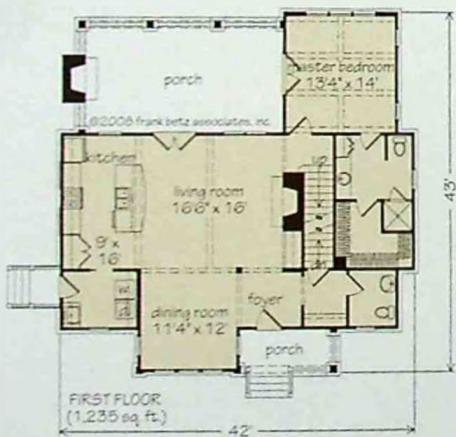
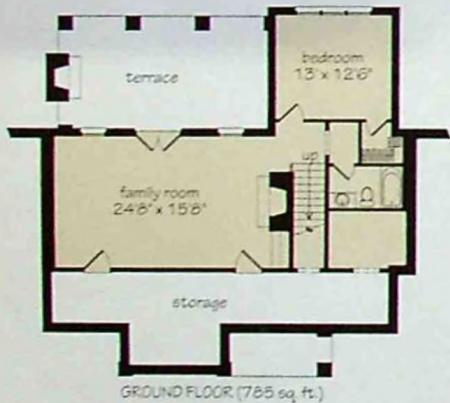
Wind River

Designed by Frank Betz Associates, Inc., Kennesaw, Georgia



An easygoing, laid-back warmth characterizes Wind River and the other homes found in our Weekend Retreats collection. Covered with shingles and board-and-batten siding, this comfortable house makes a great place to escape the daily grind—either as a primary residence or as a getaway. Window boxes reinforce the beauty of the outdoors. Also, eave, post, and roof brackets make this design a classic.

To see other equally charming designs in this new collection, pick up a copy of the fall 2008 issue of *Southern Living House Plans*, available on newsstands September 2. Or visit souseplans.com/rdr/weekendretreats.

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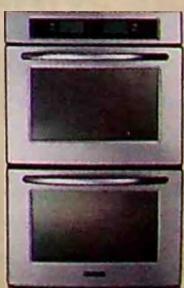
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Cooking and eating areas merge in this space, while an open island makes it all the more breezy. Louvered cabinet doors are meant to resemble plantation shutters. Glass beads and tile form a sea-inspired mosaic above the stove.

Island Appeal

Check out this cook's paradise, where the look of the Caribbean isles meets Charleston style.

By Katie Snowden

There may be a body of water separating South Carolina and the Caribbean, but this home proves the Atlantic isn't such a big obstacle. Step into the Beaufort kitchen of Mark and Sue Nicol, and it's a quick trip to the Tropics. The light teal tones and aquatic accents hint at wetlands, the West Indies, and all that's marine in between.

Sea It Your Way A house doesn't need anchors and sailboats to show off the ocean. Natural is the new nautical here. The sea mist shade reflects the outdoors, while dark woods in the floor and tabletops drive the tropical feel.

"I love the West Indies look and mixing the old with the new," says Sue, who designed the room with help from interior designer Anna Watkins. She also wanted to showcase Charleston style. "The cabinets have louvers to mimic the outside of many homes in Charleston," she says.

Translucent glass tiles on walls and in a mosaic above the stove complement the paint color found on the back panel of the built-in bookcase. The ceiling beams are from an old barn.

Combined Not Confined Sue and Mark wanted the room's eating and food-preparation areas to be united, so they made no distinction between the two spaces when planning. "The cook is never far from the rest of the company in the room," says Sue.

Having the front door of their home open into the kitchen helped to create a sense of openness. "In the kitchen, we can always look up and see the outdoors, our garden, our neighbors going by, and glimpses of the marsh," Sue says. ●

No Harm in Being Different

- Sue chose not to hang a chandelier over her dining table. "I wanted the focus to be on the actual table, which was custom-designed," she says
- Under-cabinet lights were used to brighten up the space and spotlight details. "I wanted to show off the tile," Sue explains.
- They chose an unconventional island. "It resembles a table rather than a typical island, and it provides a more spacious, open look," she says.

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View our gallery of colorful kitchens:
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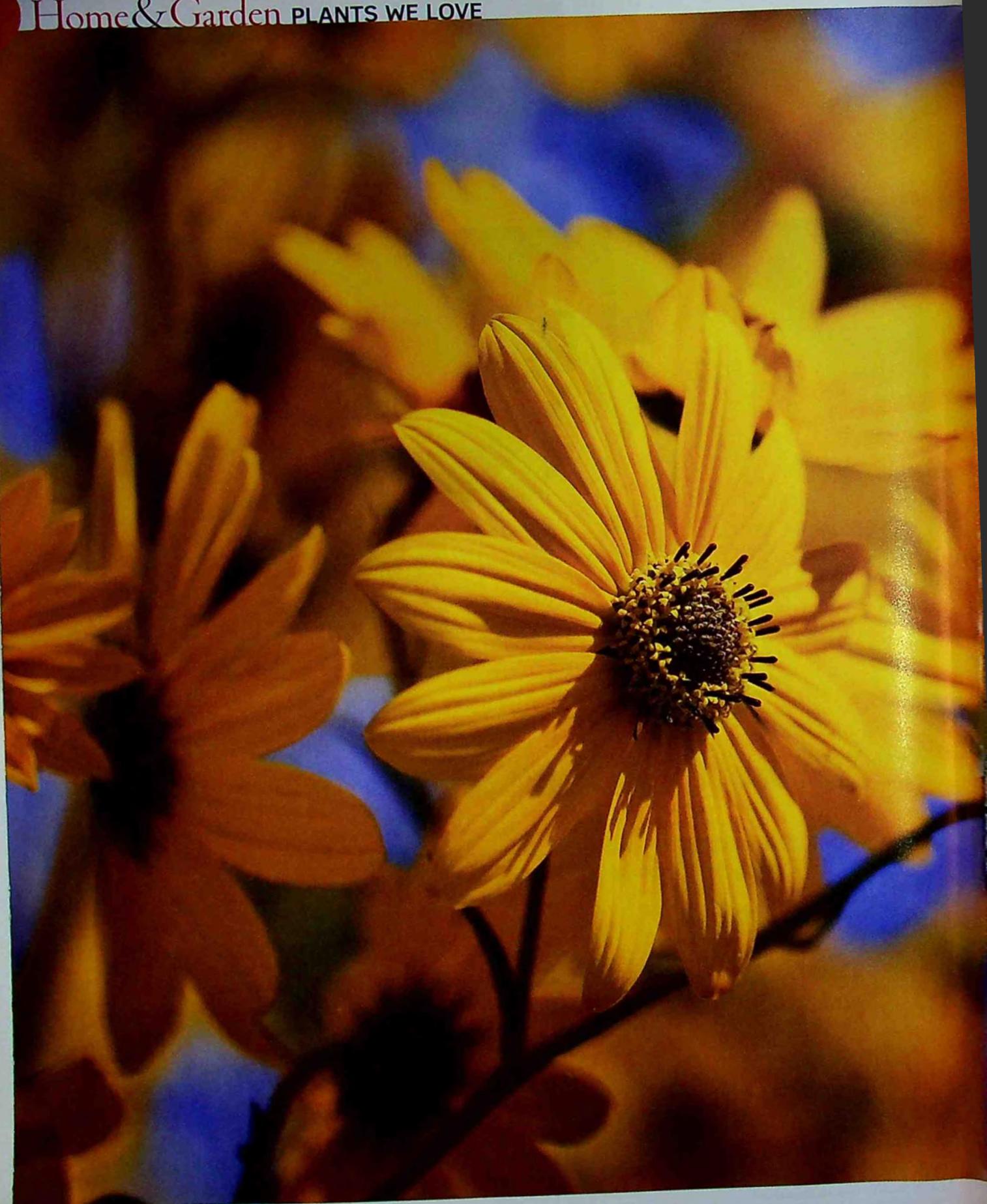
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Fall for Gold

Good things come in shades of yellow. School buses, bananas, wooden pencils, macaroni and cheese, lemons, sulfur butterflies, and sunshine. As the long days of summer drift away, the cool weather and blue skies of fall arrive and the landscape explodes with yellows—joyous of the new season. Lots of plants offer golden blooms or leaves in autumn; and they can make any garden glow. Here are five of our favorites.

By **Gene B. Bussell**, photography **Ralph Anderson**

Swamp Sunflower (*Helianthus angustifolius*)—Fields of sunshine may be the best way to describe the beautiful blooms of this prolific perennial. You will need to give this plant, one of the first flowers of fall, a bit of room. A single plant can grow up to 12 feet tall and 4 feet wide. Place it toward the back of your perennial or shrub border in a sunny location. It can take average soil that's moist. Selections such as 'Gold Lace' grow smaller, around 5 feet tall and wide. 'Mellow Yellow' offers pale yellow blossoms on a plant around 9 feet tall and 4 feet wide. An added bonus: Butterflies and birds love this plant. **Editor's tip:** You can control the size by simply cutting it back by half in midsummer. It will then grow, set flowerbuds, and stay a more reasonable size when it blooms in your fall border. Swamp sunflowers grow in the Upper, Middle, Lower, and Coastal South.

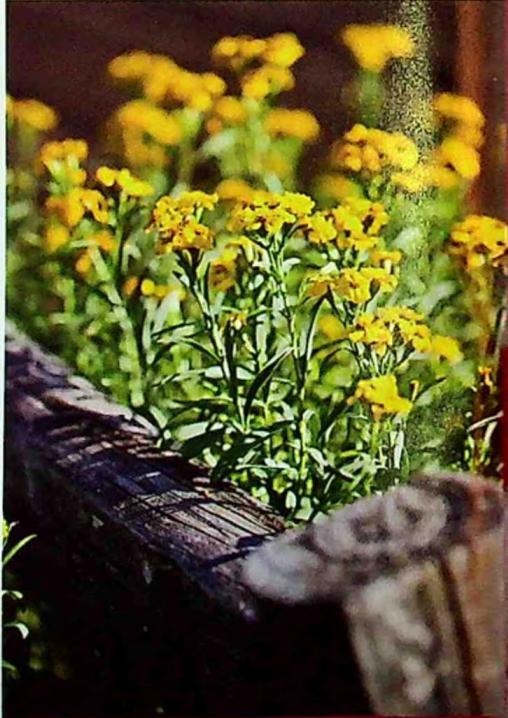
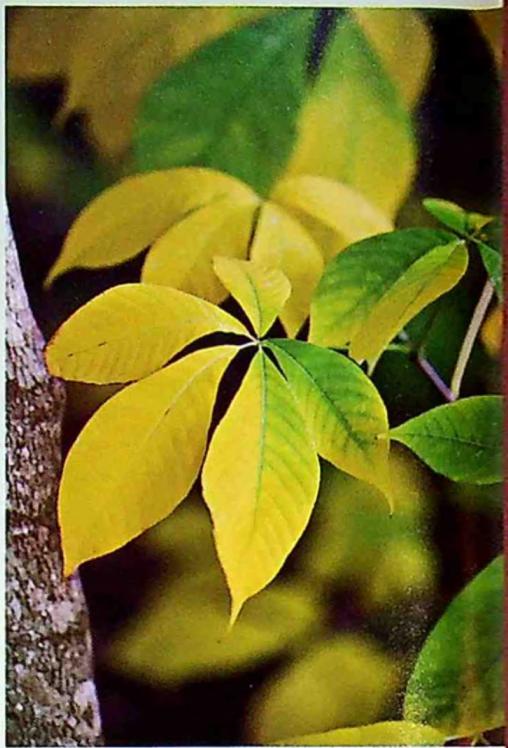


◀ **Senna** (*Senna bicapsularis*)—Along the coasts of the Deep South, this large shrub explodes with bright yellow flowers in late fall. This showstopper's blooms will help you meet your neighbors. It grows around 10 feet tall and wide on the coast. It's not too particular about soil but prefers a sunny location. In the Coastal South and Tropical South it's an evergreen shrub. In the Lower South it dies back to the ground after a hard frost but returns the next season to bloom fine. Just cut the stems back to the ground after a hard frost.

► **Bottlebrush Buckeye** (*Aesculus parviflora*)—If the early-summer spires of this beautiful native shrub don't reel you in, the fall color of its leaves will capture your heart. Use a single plant as a specimen, or plant several en masse for a bigger display. This is a large, mounding shrub that grows 12 to 15 feet tall and wide. It prefers moist, well-drained soil in a mostly sunny location with some protection from late-afternoon sun. Bottlebrush buckeye grows in the Upper, Middle, Lower, and Coastal South.

◀ **Ginkgo** (*Ginkgo biloba*)—If you want a tree with yellow fall color, ginkgo is guaranteed gold. The emerald green leaves suddenly turn a bright yellow as the days cool. Then they drop all at once, spreading a golden carpet on the ground. Though this tree grows slowly, it becomes more beautiful as it ages, so be patient. Place in a location with deep, loose, well-drained soil. It works best as a specimen tree in large yards. If you have a bit more room, plant several together to create a grove. Female trees produce foul-smelling fruit, so plant only named male selections. Good ones to use include 'Autumn Gold,' 'Princeton Sentry,' and 'Saratoga.' Ginkgoes grow in the Upper, Middle, Lower, and Coastal South.

► **Mexican Mint Marigold** (*Tagetes lucida*)—This herb is covered with masses of tiny yellow flowers late into the fall. It prefers full sun and works well in a perennial border or herb garden. Use it as a substitute for French tarragon, which does not like hot, humid Southern summers. Enjoy its licorice scent in the garden and in your kitchen creations. Use it as a perennial in the Middle, Lower, and Coastal South; treat it as an annual in the Upper South. ■



TOP, LEFT: Give senna lots of sunshine and room to grow. TOP, RIGHT: The butter yellow leaves of bottlebrush buckeye will light up your shrub border. LEFT: Fan-shaped ginkgo leaves seem to take flight in the autumn air. ABOVE: The flowers of Mexican mint marigold are edible; use them to garnish salads.

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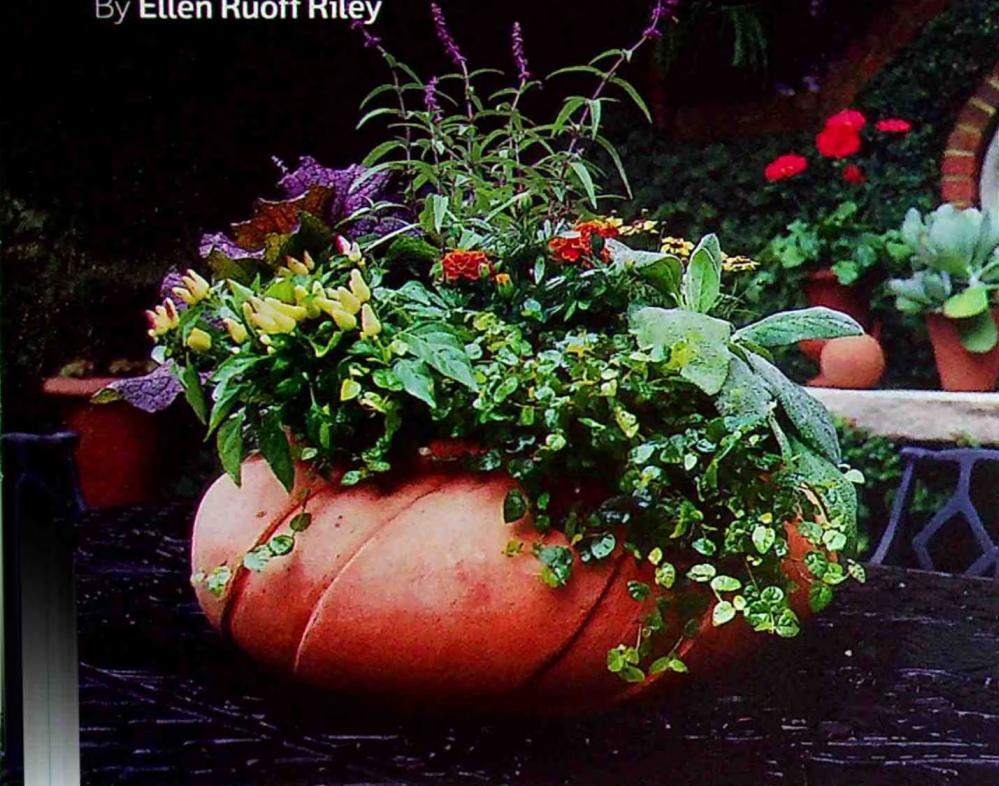
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Pretty Up Your Pots

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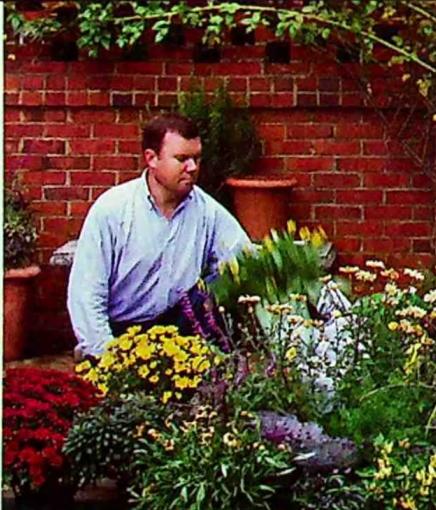
By **Ellen Ruoff Riley**



LEFT AND ABOVE: Do purchase mums, but don't overlook fall's other terrific options. Late-flowering perennials deliver great color, while ornamental grasses, small shrubs, and foliage add unbeatable texture to the assortment. Let a large specimen stand alone, and nestle smaller pots together for impact.

Change is in the air. With summer winding down, step back outside and appreciate the differences; cool evenings and a less intense sun elicit a sigh of relief from the garden. "This is a great time to rejuvenate your containers," says John Cox, owner of John's Garden Company in Charleston, South Carolina. "Besides the fact that summer annuals are exhausted, adding plants in the fall color palette is a super way to refresh your outdoor living spaces."

Planting now fills the gap between tired summer blooms and cool-weather annuals such as pansies and violas. Besides enjoying a host of flowers and foliage that celebrate autumn, you're also allowing the soil to cool sufficiently for your winter garden to flourish. Expect your containers to last until frost.



"Go for the gusto—plant it to look good right now."

Shop Smart Don't be lured into getting one of everything. Remember these tips.

- Look for late-blooming perennials. "Plants such as Mexican bush sage are at their peaks and are often on sale," John says. Combine them with other seasonal flowers in containers now, and then transfer them into the garden for years of enjoyment.
- Buy big. Begin with mature plants. If they're flowering, look for ones loaded with buds. "There is no extra time for growing," John advises. "Go for the gusto—plant it to look good right now."

Planning Cues Here are some more considerations when combining plants.

- "Let the container's size dictate the scale of the plants you choose," John says. A pot needs plants of equal stature to look appropriate. In a very large planter, consider a small tree or shrub to provide enough heft.
- Add a small shrub for texture and color.

To get double miles from a plant, use it in the container now, and anticipate a use for it in the landscape later.

- Combine bold and fine textures such as croton and asparagus fern.

The Art of Grouping Cluster containers in a large space for high impact. John's tips make it easy.

- "Look at the group as a whole, and plant it as a cohesive unit," he says. Keep the container type constant, such as terra-cotta, and use pots of different sizes and shapes.
- "Choose one container as the focal point, with a collection of plants," John suggests. Fill the others with a simpler arrangement or just one plant selection to give the grouping balance. "If you have too much color or texture in every pot, you don't enjoy anything because of everything," he says.
- "Use the largest pot for the plant with the boldest texture," John recommends. Then add a smaller or similar one in an additional pot for continuity. ●



PUT IT TOGETHER

Regardless of your container's size, the principles of plant arrangement remain the same.

1. Center the tallest plant (here a Mexican bush sage), or push it to the back edge if the container is to be viewed from only one side.
2. Surround the tall selection with mid-range plants, such as ornamental peppers, mums, and lamb's ears.
3. Complete the arrangement with a trailing plant. A creeping fig meanders over the edge for an elegant finish.

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Sources: southernliving.com/sources

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FROM EMILY ANN'S GARDEN

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Emily Ann

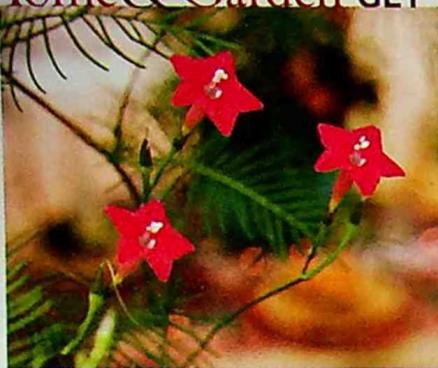
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PP# 10579



Social Climber

Set a seasonal table under a gazebo of green.

By Rebecca Bull Reed

Never have we begun a garden story by suggesting you should start with luck. But that's how this one begins. One day, a nice lady noticed that a feathery vine had taken a liking to her metal-framed gazebo. "The seeds must have blown in from somewhere, because I didn't plant them," she says.

Positively identified as cypress vine (*Ipomoea quamoclit*), the annual climber engulfed the gazebo in just a few months, forming a space that became quite magical.

"It makes me feel like throwing a party," says its owner, Gari Griffin of Homewood, Alabama. Here's how we helped her create the perfect setting.

A Fabulous Fall Table

Step 1: Hang a chandelier that holds candles (try the Sirlig chandelier by IKEA) from the center of the gazebo. Then radiate red silk poppy lights (ours are from Cost Plus World Market) out from it.

Step 2: Beneath the lights, center a 52-inch round table draped with a king-size quilt (our quilt is from Bed Bath & Beyond).

Step 3: Fill a showy glazed container with 'Cosmic Red' and 'Cosmic Orange' cosmos, ornamental peppers, and roundleaf ferns (still in their pots). For the feel of fall, insert miniature pumpkins, spiked with



ABOVE: Turn an ordinary gazebo into a room of green by planting fast-growing cypress vine. ABOVE, LEFT: By day, the cypress vine-covered gazebo is studded with star-shaped red flowers. At night, the blooms close, only to reopen the next morning.

grilling skewers, directly into the soil.

Step 4: Set plates atop berry-rimmed chargers (we used bittersweet, but pyracantha works too). Finish with folded napkins and swan gourds.

Step 5: As guests arrive, light candles, including small votives on the table and large hurricanes staged just outside the gazebo's entrances. Enjoy! •

Keep Them Under Control

Although pretty, both bittersweet and cypress vine can be invasive if unmanaged. When the party is over, bag and toss the fruit of bittersweet into the garbage—not the compost pile. Oriental bittersweet (*Celastrus orbiculatus*) is reportedly more invasive than the waning native, American bittersweet (*C. scandens*). As for cypress vine, it is easiest to pull unwanted seedlings as they emerge in early summer.

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How to grow your own cypress vine from seed:
southernliving.com/cypressvine



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Around Your Garden

For September ... Our Garden Editor offers tips and ideas for you. By Gene B. Bussell

◀ **Beautyberries** These graceful, deciduous shrubs will amaze you with their colorful, long-lasting fall berries. 'Early Amethyst' purple beautyberry (*Callicarpa dichotoma* 'Early Amethyst') is one of the finest selections, with lilac-colored berries. A white-berried form of purple beautyberry (*C. d. albiflora*) is also available. American beautyberry (*C. americana*) has fruit and foliage that are a bit bolder with bright purple berries and coarser leaves. 'Lactea' American beautyberry has white berries. These are all medium- to large-size shrubs and work well when planted en masse. They fit nicely along woodland edges. In the Upper South, plants may freeze to the ground but will come back from the roots and bloom and fruit the following year. **Tip:** Add a few stems to your fall arrangements for a "wow" display.

Dividing In the Upper and Middle South, dig up clumps of daylilies, irises, and daisies. When lifted, some will fall apart easily while others may need to be coaxed. A garden fork is perfect for this task. Plant new divisions at their original growing depth, water well, and mulch. Give extras to friends.



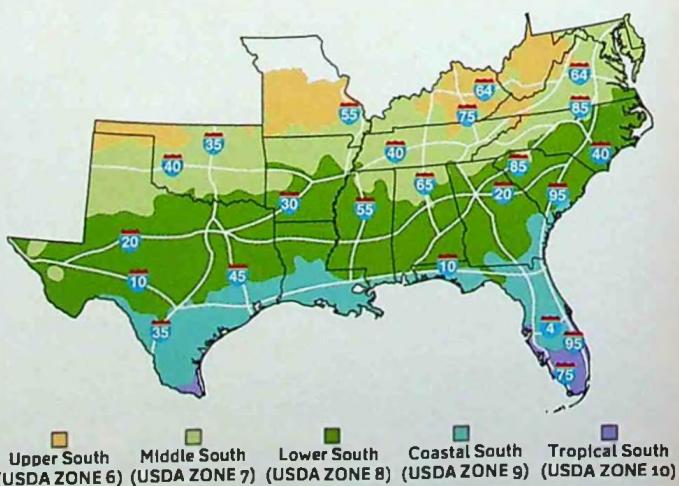
▲ **Easy Houseplant** 'Neon' pothos has chartreuse leaves that will cheer up any room. Use a blue pot as a contrast to its leaves, or try a white pot for a softer look. It prefers bright, indirect to low light. Care is simple. Let the soil dry slightly between waterings.

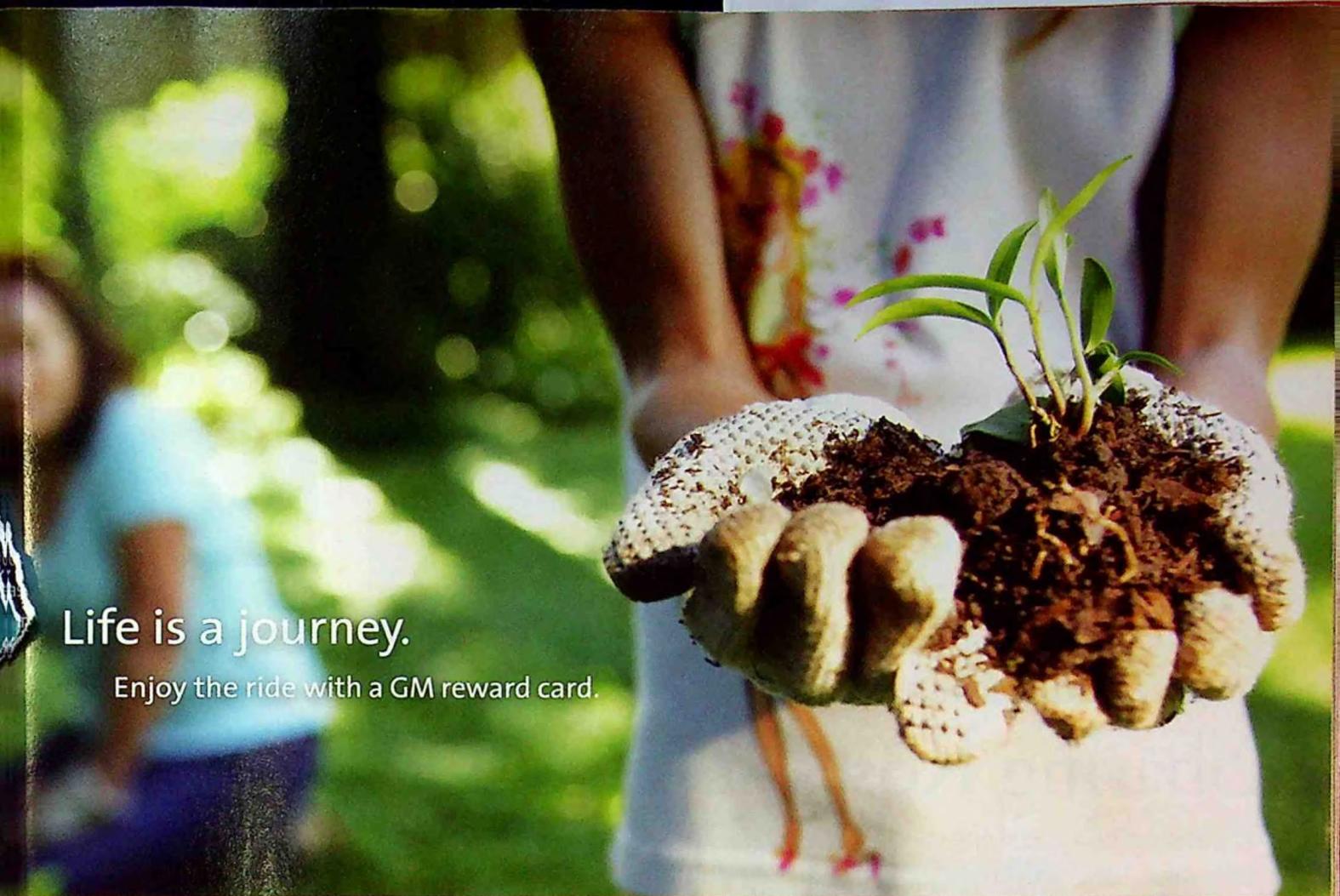
Autumn Equinox September 22 marks the end of summer and the beginning of fall. A new garden season lies ahead, one with cooler weather and fewer bugs. Now is the time to begin setting out fall annuals and vegetables, creating container gardens, buying bulbs, and planting shrubs and trees. This is one of the best times to garden in the South, so be sure to get outside, dig in the dirt, and enjoy the days ahead.

↗ Got garden questions? Just ask our Grumpy Gardener: southernliving.com/grumpygardener

◀ **Purple Fall Flowers** There are lots of plants that put on a royal show during the crisp days of autumn. Mexican bush sage (*Salvia leucantha*) is one of the best with purple spires that butterflies love. 'Purple Majesty' salvia is an elegant sage for any garden. Princess flower (*Tibouchina urvilleana*) is one of the finest tropicals with purple flowers. You can enjoy its beautiful blooms throughout the season. Asters such as 'Purple Dome' and 'Fanny' produce multitudes of tiny daisy-like flowers. Use these to create a nice contrast to the yellows and oranges that dominate the season.

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This unnamed rose is thornless, healthy, and vigorous. It blooms for a month or so with hundreds of clusters of small, semidouble, hot pink flowers.

Sharing Roses

It's easier than you think to root roses. Follow these steps to have more beautiful flowers to enjoy or give away. By **William C. Welch**

If you love old roses, then take a few moments to root some cuttings for yourself and your family and friends. This is a great way to share a memory and preserve part of Southern gardening heritage.

Aubrey King; his wife, Cheryl; and Aubrey's mother, Margaret, operate King's Nursery in Tenaha, Texas, which opened in 1915. The Kings are experts on propagating roses, perennials, trees, and shrubs that thrive in the region. Aubrey offers the following tips for rooting your own roses.

- You can take cuttings anytime, but fall is best (September till mid-November). Take 6- to 8-inch cuttings from the current season's growth when the leaves have matured and the stems have just hardened. Place the cuttings in water immediately, and put them in a plastic foam cooler to prevent heat damage or drying out until you can plant them.
- Cuttings with three leaf sets left at the top are ideal. Make the cut just below a leaf node when possible. To root the cutting, we like a potting mix composed of 50% fine, aged pine bark; 10% sand; and 40% perlite. Be sure to moisten the potting mix well before sticking in the cuttings.
- We use rooting hormones and prefer powders such as Rootone. Put some of the powder in a shallow container, and dip the cut end of each cutting. Tap it lightly to remove any excess. Use a pencil or stick to make holes in the potting mix. Our favorite pot size is about 2 inches square and about 3 inches deep. Firm the potting mix around each cutting, and water well. You can use larger pots or even place the cuttings in prepared beds located in partial shade outdoors.
- Keep the humidity high by putting clear or semiclear plastic bags over the pots. Use small stakes to keep plastic from touching the cuttings.
- Roses generally take 6 to 10 weeks to root. Keep them moist but not soggy, and place them in larger containers or outdoor beds when rooted. One indication of successful rooting is the emergence of new growth on the tips. Rooted cuttings will often bloom the first season and usually become landscape-size specimens in their second or third year. •

SOUTHERNLIVING.COM

Update on the rose that survived Hurricane Katrina and how you can help: southernliving.com/shareroses

Rooting Step-by-Step



1. Take a 6- to 8-inch-long cutting from this season's growth.



2. Cut the stem at an angle just below a leaf node.



3. Remove any lower leaflets so the stem cutting will have clean contact with the potting soil.



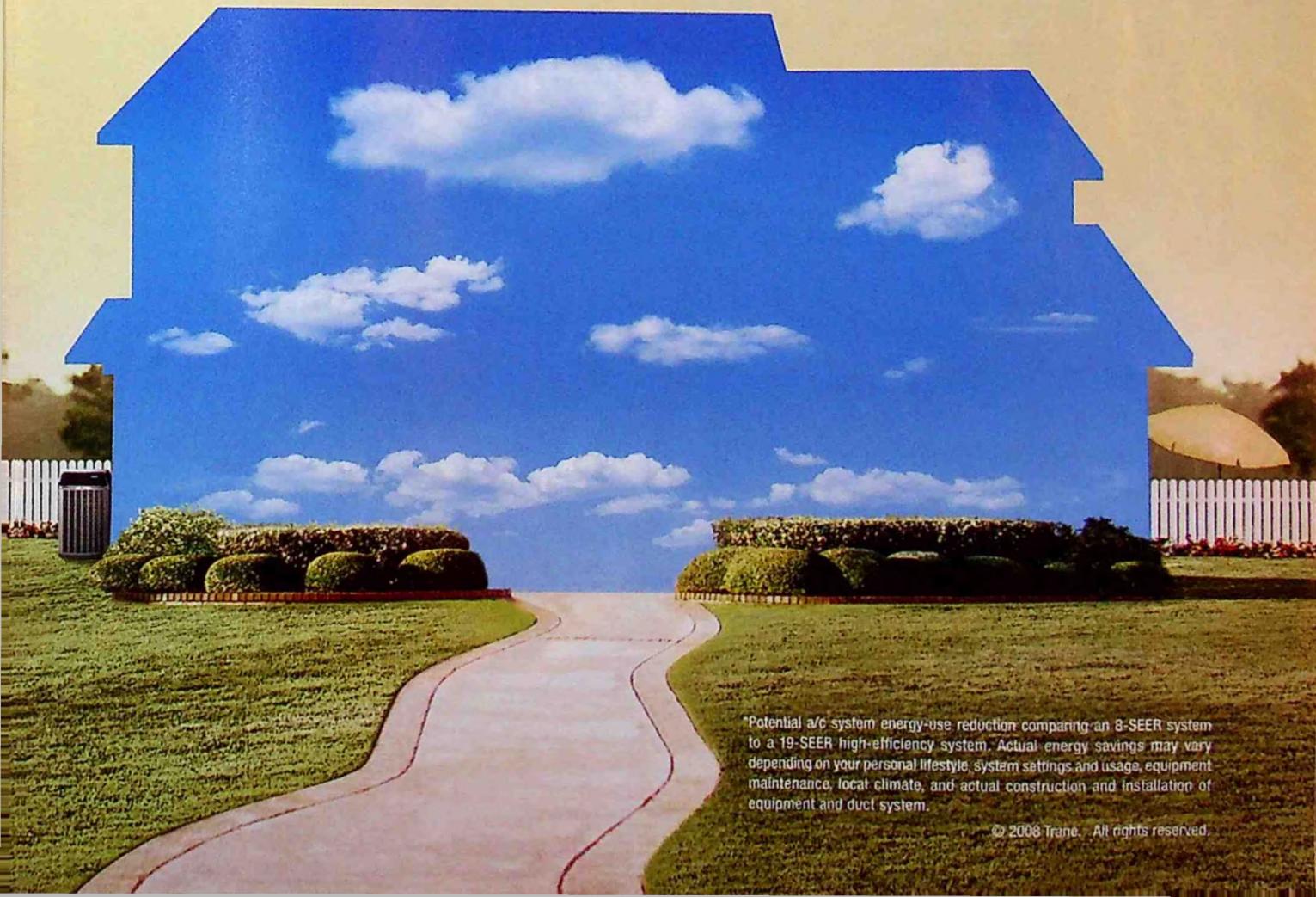
4. Empty a small amount of rooting hormone into a shallow dish. Dip the end of the cutting into the hormone. Tap the stem slightly to remove any excess.



5. Use a pencil to make a hole in the soil. Place the cutting into the hole, and firm the soil around the stem. Water the cutting well, and keep the soil slightly moist until rooted.

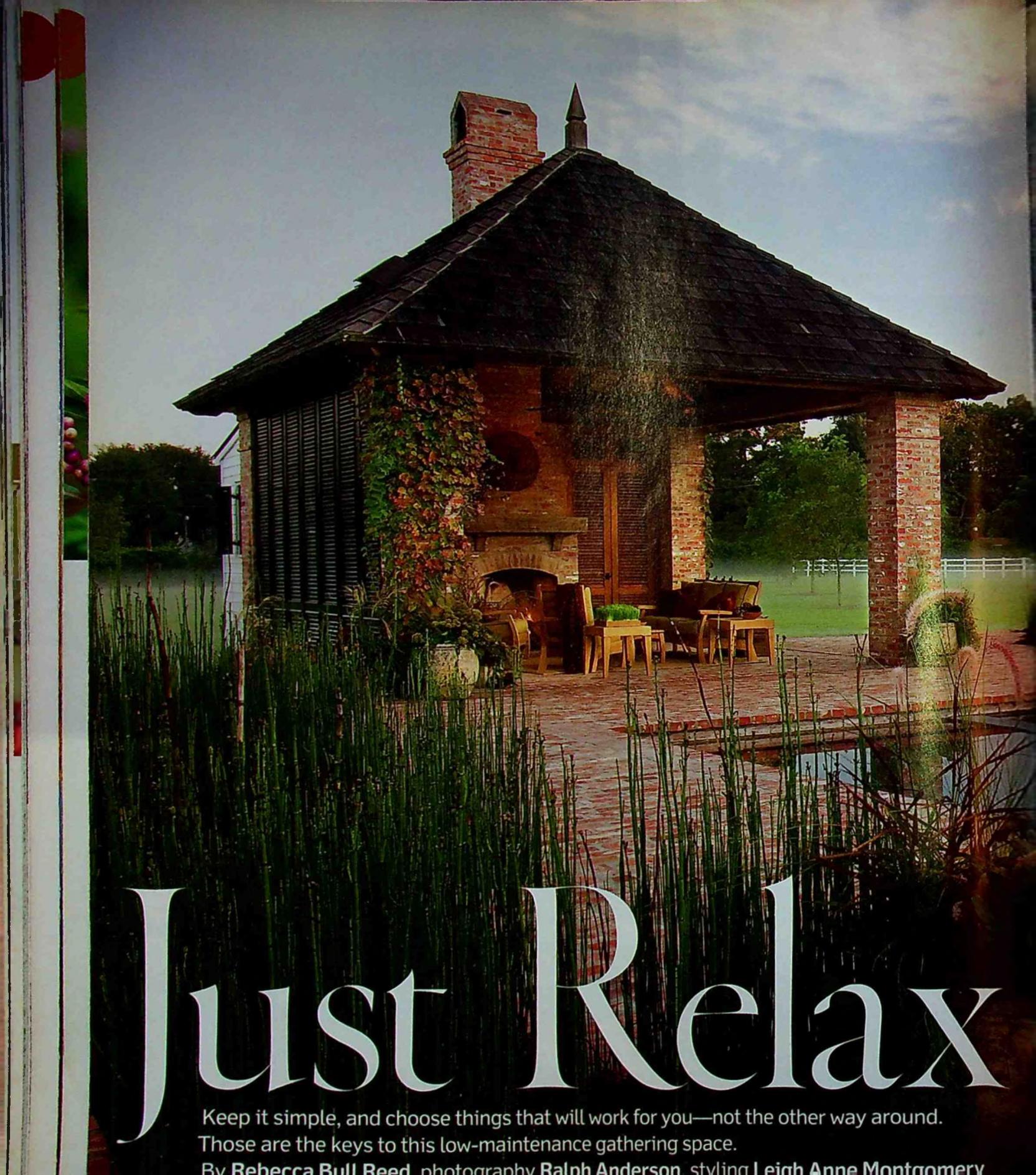
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Just Relax

Keep it simple, and choose things that will work for you—not the other way around. Those are the keys to this low-maintenance gathering space.

By **Rebecca Bull Reed**, photography **Ralph Anderson**, styling **Leigh Anne Montgomery**



This landscape emphasizes its best feature: plenty of room to play.



CALL IT PRACTICED RESTRAINT OR WILLPOWER, IF YOU WISH. This family's backyard has just what they want: A roomy place to entertain, a pool for swimming laps, and a maintenance list that is short enough to fit on a sticky note.

"The success of this garden is more about what we didn't do than what we did," says landscape architect Jeffrey Carbo. What you won't find are sweeping beds of azaleas or rows of fussy flowers (though there's nothing wrong with those). But here, it just wasn't in the cards.

Instead, Jeff and his team opted to play up the Alexandria, Louisiana, property's number one asset: wide-open space with views that seem to go on forever. To do so, they drew from the land's agrarian past, bringing it to the present.

A Beautiful Blend Surrounded by fields of cotton and corn, Richard and Pauline Arsenault's land has only one natural boundary—the bayou that runs along its back border. The expected Southern garden would have taken years to install and mature, so that was out. "We flipped the scenario to our advantage and embraced the land," says Jeff. This led to a minimized palette. "What we did, we chose to do nicely," he adds.

From the parking area, you enter the backyard through a grove

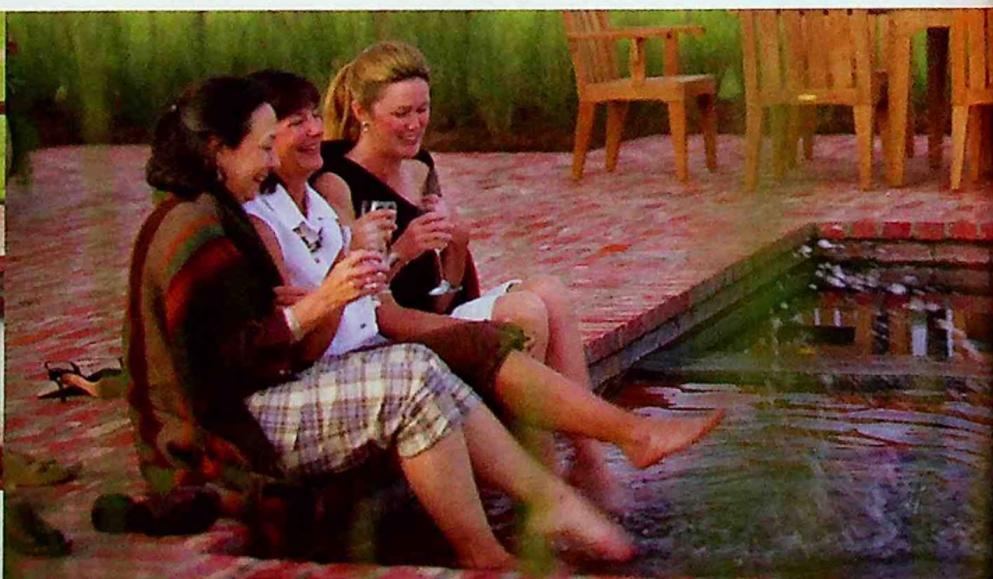
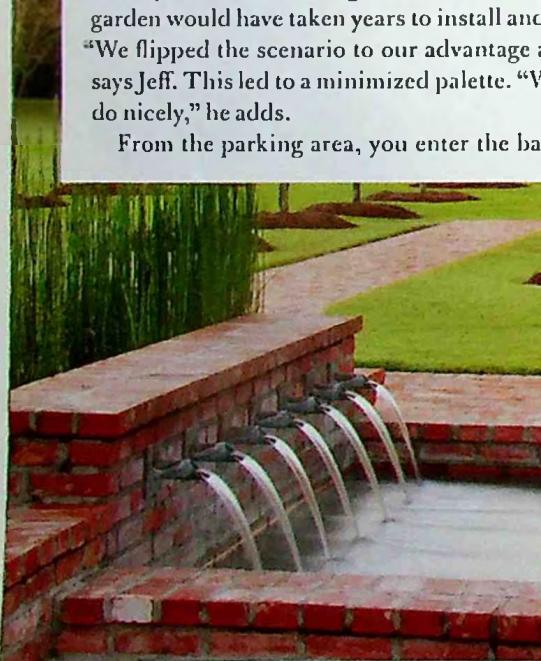
of 'Shademaster' honey locusts (*Gleditsia triacanthos inermis* 'Shademaster'). Planted in orchard fashion, they frame the pastoral setting and tree-lined bayou beyond.

Elevated 2 feet above grade, the pool offers a commanding view of the landscape. "We made the steps long and linear, like farm rows," says Jeff. Even the copper fountain spouts are reminiscent of those that might have once irrigated crops.

New Look for Old Materials "The test of good design is timelessness," says Jeff. "Use authentic materials, and your design will never appear dated." Here, bricks salvaged from local buildings, reclaimed timbers, and a hand-hewed beam take on new life as a pool deck, pavilion rafters, and the fireplace mantel.

Jeff's plan for the pool pavilion echoes the style of the home, which was designed by Al Jones. Measuring 20 feet square, the pavilion provides shade during the summer and a warming fireplace when the air turns cool. Kitchen conveniences run along a sidewall. Set back beneath a lean-to roof are a bath and areas for prep and storage.

"We love what's here," says Pauline. "It gets prettier each year." When friends and family come over, they honestly enjoy themselves, because this space brings people together. ●



“What we did, we chose to do NICELY.”

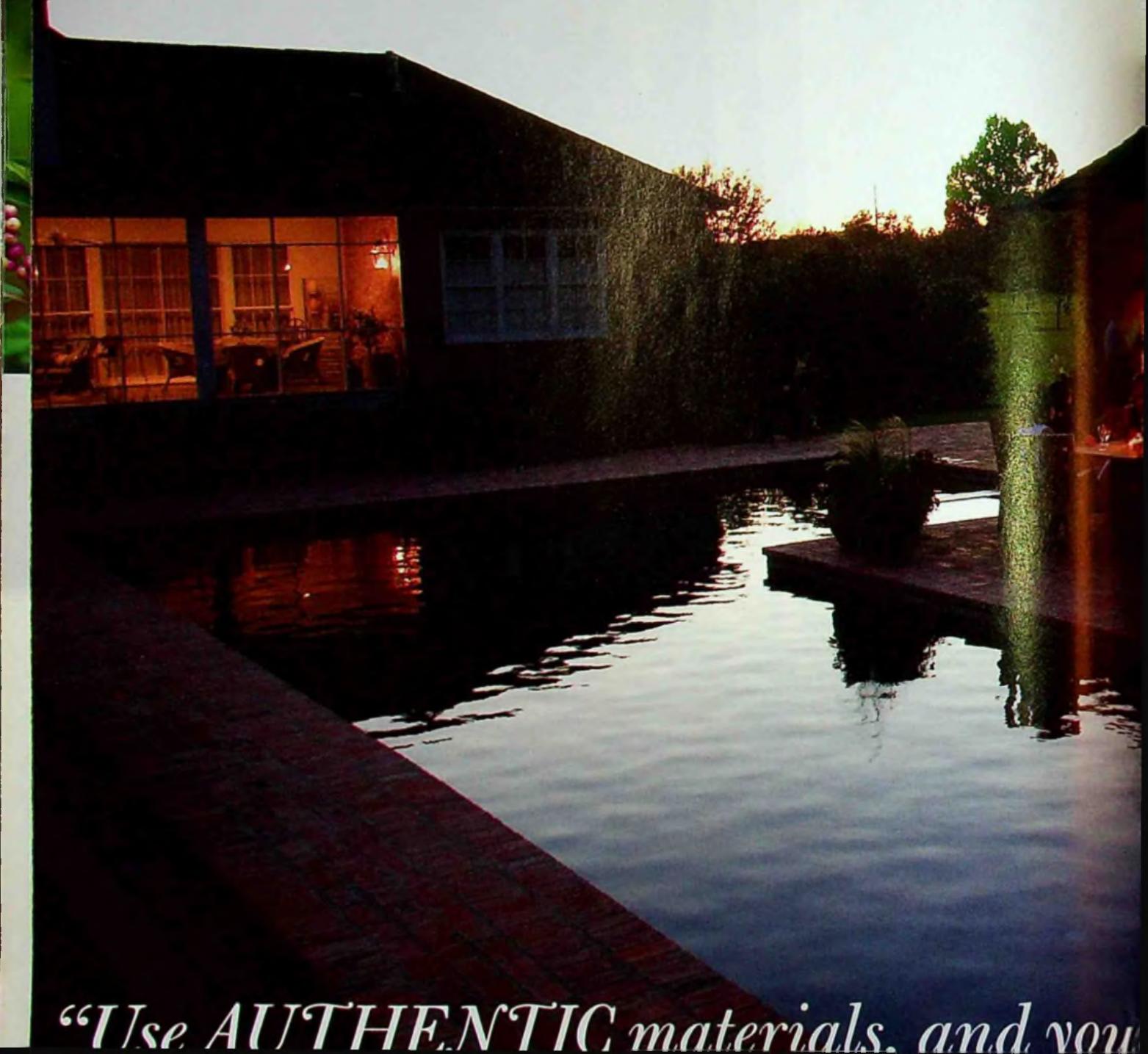
—JEFFREY CARBO, LANDSCAPE ARCHITECT



While Pauline and Richard scaled back on time-consuming garden details, they splurged on timeless building materials. ABOVE, FAR LEFT: Morning light dances across vases of persimmon branches.

ABOVE, LEFT: Containers are located at key vantage points. FAR LEFT: Copper spouts resemble those that might have once irrigated crop rows. Horsetail sandwiched between masonry walls offers the feel of the bayou. LEFT: A pool brings out the kid in everyone.

Designed for swimming laps, the 60-foot-long pool is easy on the eyes. Plaster-finished Gunite in French gray increases the reflective qualities while the brick deck and steps melt into the water's depths.



“Use AUTHENTIC materials, and you



From Their Home To Yours

Invite friends over for an impromptu gathering, as the Arsenaults often do. Here are 10 ideas to get your outdoor living space ready.

1. Replace tired annuals with coleus, marigolds, or perennials such as fountain grass or sedum.
2. No time to mow the entire lawn? Try cutting a double-width swath of grass only along the walk and around the patio's edge.
3. Fill large vases with cut branches of seasonal fruit such as apples, persimmons, or pears.
4. Keep things even simpler by filling clear vases with varying heights of water and adding several drops of food coloring. Deepen hues in several of the vases to add interest.
5. Start early. Not all parties have to take place at night. Morning light can be moody and wonderful. Keep the menu easy with coffee and pastries picked up from the bakery.
6. If the thought of rising early is more than you can bear, keep it late—just add lots of candles. Buy multiple shapes and sizes on sale.
7. Encourage guests to kick off their shoes and dangle their toes in the pool while you bring them cocktails.
8. Ask guests to download their favorite songs. Play a mix during the party to keep everyone happy.
9. Cover a less-than-lovely table with a great tablecloth. Don't shy away from using your best linens.
10. Strategically space appetizers at various locations to keep folks moving. Unless they're dining, the last thing you want to happen is to have everyone sit down.

Design will never appear DATED”

➲ Go behind the scenes of the Virginia wine country with one editor's blog, *Eating My Words*: southernliving.com/winecountry



Yes, the wine is that good. Now more than ever, a trip to this state's wine country includes fun for everyone.

By **Scott Jones, Warner McGowin**; photography **Charles Walton IV**

Virginia On



f

DAYS IN VIRGINIA'S WINE COUNTRY energize the senses. Winding roads pass by majestic farms ablaze with color. The cool mornings dawn with gentle sunshine, until deep blue skies blanket the mountains. In the foothills of those mountains lie fields lined with vines heavy with promise.

In Virginia, more than anywhere else in the South, that promise rings true. The state is by far the leader in our region for consistently good wine. Virginia's acreage devoted to wineries and the number of wineries here have more than doubled in the past 20 years. That translates into more feedback from the soil (telling vintners what grows best) and from consumers (telling them what sells best).

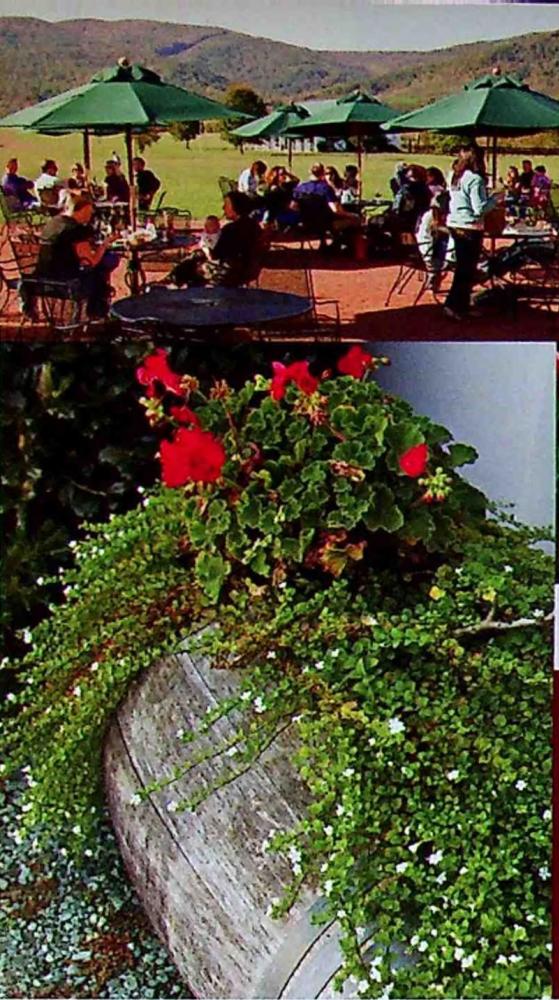
The state also leads the way in enticing not just wine experts, but also visitors who are still learning the difference between Chardonnay and Scuppernong. A wealth of special events, fine restaurants, wine classes, and family-friendly festivals make a trip here an autumn experience worth remembering.

Come along for a tour. You'll find great-tasting wine and a whole lot more.

Getting Started Road signs sporting a cluster of grapes mark some stops along Virginia's various wine trails. Some trails are better organized than others and many produce a guide and a map.

The three largest trails are Blue Ridge Wine Way, Loudoun Wine Trail, and Monticello Wine Trail. Blue Ridge Wine Way (with 10 wineries and vineyards) and Loudoun Wine Trail (with 17 participating wineries) are both located in the northern part of the state. The Monticello Wine Trail (with 22 wineries) winds around Charlottesville and the nearby countryside.

The Vine



RIGHT: The Vineyard Cottage at Barboursville Vineyards is open to guests and features two suites. For more info visit www.barboursvillewine.com.



ABOVE: Alabama-born chef Melissa Close weaves a Southern sensibility into her decidedly Italian menu at Palladio Restaurant at Barboursville Vineyards. Plan now to attend October's "Annual Autumn Explosion and Barrel Tasting" or November's "The Octagon," a special event pairing Melissa's four-course dinner with four different vintages of Octagon, Barboursville's signature red wine.

"IN THE FOOTHILLS OF THOSE MOUNTAINS

A Quick Tasting Guide We think two grapes in particular stand out here: Viognier (a full-bodied white traditionally grown in the France's Rhône Valley) and Cabernet Franc (a medium-bodied red traditionally used as a blending grape in France's Bordeaux region). You'll also find terrific examples of everything from Chardonnay and Pinot Grigio to Cabernet Sauvignon and Nebbiolo (and all sorts of delicious, food-friendly blends in between).

•BLEND IT LIKE BORDEAUX Cabernet Sauvignon, Cabernet Franc, Merlot, and Petit Verdot—classic grapes from the Bordeaux region of France—are probably the most recognizable red wine-producing grapes in the state. In fact, if you see the word "Meritage" (which is a legal designation rhyming with "heritage") on the label, you'll find a combo of these grapes inside. **DEFINITELY DRINK:** 2006 King Family Meritage, 2006 Jefferson Meritage, 2006 La Grange Meritage, or 2006 Rappahannock Cellars 2nd Bottling Meritage.

•HOMETOWN HERO Virginia's own Norton grape produces a hearty, Zinfandel-esque red that shouldn't be missed. **DEFINITELY DRINK:** 2004 Horton Cellars Norton or 2006 Chrysalis Vineyard Barrel Select Norton.

•THE OTHER WHITE WINES There's no denying the popularity of Chardonnay; however, in Virginia, Viognier is the premiere full-bodied white. For a lighter style white, consider Sauvignon Blanc. **DEFINITELY DRINK:** 2006 White Hall Vineyards Viognier, 2006 Chester Gap Cellars Viognier Reserve, 2007 Linden Vineyards Avenius Sauvignon Blanc, or 2006 Chester Gap Cellars Sauvignon Blanc.

•THAT'S ITALIAN The influence and growing popularity of Italian wines such as Pinot Grigio (white) and Sangiovese (red) in Virginia is unmistakable (and unmistakably delicious). **DEFINITELY DRINK:** 2005 Ingleside Vineyards Sangiovese, 2005 Villa Appalaccia "Toscanello" (a blend of Cabernet Franc and Sangiovese), 2005 Gabriele Rausse Pinot Grigio, or 2007 Barboursville Pinot Grigio.

•A COUPLE MORE SURPRISES Though not often talked about, Virginia turns out some pretty fabulous sparkling wine, particularly NV Thibaut-Janisson Winery Brut and NV Oasis Brut. If dessert wine is your thing, you'll flip for Linden's 2005 Late Harvest Petit Manseng and King Family 2006 "Loreley" Late Harvest Viognier.

More than Wine Even with all these stellar wines, a trip to this part of the South is about more than sampling vintages in a tasting room. As the region's wineries have grown, so has the variety of experiences available for visitors. Barrel-room tastings, wine classes, blending parties, and food-and-wine festivals abound. We've come up with three ideal afternoons in Virginia's wine country. Try one of these itineraries to soak up what makes this area special.

• **At King Family Vineyards**, every Sunday through the end of September, watch a polo match on the field just outside the



RIGHT: No, this isn't Italy. This is the South. The fields of vines and rolling Virginia hillsides make Linden Vineyards an ideal place to taste wine.



LEFT: Winemaker Matthieu Finot (that's "Matthew" to you and me) hosts group tastings at King Family Vineyards. You need to call in advance and have at least eight in your party (\$10 per person, which includes a souvenir glass).



LEFT: There's no better way to enjoy the wine country than with a gourmet picnic, available at markets such as Greenwood Gourmet Grocery in Crozet.

LIE VINES HEAVY WITH PROMISE."

winery. Tailgaters sip wine and watch the regal sport in a laid-back setting.

- Get a crash course in all things Jefferson with a visit to **Monticello**, the former President's heralded home. Then head just 1 mile down the road for a tasting at **Jefferson Vineyards**, where the President tried (unsuccessfully) to make wine in the mid-1770s.
- Have a late lunch at **Palladio**, one of the finest restaurants in Virginia. (If it's on the menu, try the beet-and-goat cheese ravioli with lump crabmeat.) Then, take a tour of the **Barboursville ruins**. The Jefferson-designed house, built in 1814 and burned in 1884, stands as a tangible and strangely compelling reminder of the living history in this area.

Pack a Picnic Touring the wine country works up an appetite, and there's no better way to take in the pastoral beauty than a picnic at a vineyard. Our favorite three spots for

buying a gourmet lunch-to-go are spread out in a loop that follows much of the Monticello Wine Trail.

- **BRIX Marketplace:** Across the street from Jefferson Vineyards, this gas station-turned-market sells gourmet sandwiches, olives, cookies, and more.
- **Greenwood Gourmet Grocery:** Just down the road from King Family Vineyards, you'll find everything local: cheese, honey, meats, you name it. The sandwiches are terrific, and they'll recommend a wine to pair with the one you choose.
- **Kluge Estate Farm Shop:** This store, adjacent to the Kluge Estate Winery and Vineyard, offers a great selection of cheeses, preserves, and gourmet meals.

Tips for the Trip If you're renting a car, spring for the GPS. You'll be traveling down farm roads, some of which are marked well, while others aren't.

Pick up the 2008 edition of the Virginia

Winery Guide (available at wineries and tourist information kiosks or by calling 1-800-828-4637) for a travel map listing the state's more than 130 wineries. Also, visit www.virginiawine.org/passport so you can participate in the Passport to Virginia Wineries program. Visit at least 15 wineries before the end of the year, and you'll be entered into a drawing for various prizes, including a one-year membership for the Virginia Wine of the Month Club.

Trail Guides and Maps Do a little Internet research before you leave town.

- **Monticello Wine Trail:** www.monticellowinetrail.com
- **Blue Ridge Wine Way:** www.blueridgewineway.com
- **Loudoun Wine Trail:** www.loudounfarms.org
- **Bedford Wine Trail:** www.bedfordwinetrail.com
- **Wine Trail of Botetourt County:** www.botetourtwinetrail.com •

COZY Fireside



FESTIVE FALL MENU

SERVES 8

Guacamole-Goat Cheese Toasts

Sweet Potato Squares With
Lemon-Garlic Mayonnaise

Grilled Pork Roast With
Fruit Compote

Caramelized Onion-Potato Gratin

Mixed greens salad

Granola-Ginger Baked Apples

Supper

Celebrate great food and friends with this surprisingly easy, laid-back menu.

By Scott Jones, photography Beth Dreiling Hontzas,
styling Mindi Shapiro Levine, food styling Marian Cooper Cairns



THE TIME TO TAKE THE PARTY outside with temperatures cooling off and leaves making their showstopping color transition. That's exactly what Robert and Anne Trulock thought when they designed the outdoor living area of their home. "When the fireplace and grill are going at the same time, their wonderful aromas turn the backyard into my very own outdoor paradise. I can't think of a better way to relax in the fall," Robert says with a warm grin while turning the hearty Grilled Pork Roast.

Creating an inviting brick-lined alfresco entertaining space was a no-brainer for this Madison, Georgia, couple, who both love to cook. Here Anne shares recipes for everything from flavor-packed appetizers to Caramelized Onion-Potato Gratin, a soul-soothing side that cozies right up to the pork. Best of all, with plenty of make-ahead options, you can prepare this snazzy-looking menu with ease.

Sweet Potato Squares With Lemon-Garlic Mayonnaise

MAKES 8 APPETIZER SERVINGS; PREP: 30 MIN., BAKE: 20 MIN., COOK: 8 MIN.

Serve Sweet Potato Squares warm or at room temperature. Prepare the Lemon-Garlic Mayonnaise first if you choose to serve the Sweet Potato Squares warm.

OPERA *PERFECT PARTNER: 2004 Linden, Claret, Virginia; 2005 Hogue, Cabernet-Merlot, Washington*

2 lb. sweet potatoes, peeled and cut into 32 (1-inch) cubes

2 Tbsp. olive oil

1/2 tsp. pepper

1/4 tsp. salt

1/2 lb. spicy smoked sausage, cut into 32 (1/2-inch) pieces

32 wooden picks

Lemon-Garlic Mayonnaise

Garnish: fresh thyme sprigs

1. Preheat oven to 450°. Place sweet potato cubes on a lightly greased 15- x 10-inch jelly-roll pan. Drizzle potatoes with 2 Tbsp. oil, and sprinkle with pepper and salt. Toss to coat.

2. Bake at 450° for 15 to 20 minutes, turning cubes twice.

3. Cook sausage in a large nonstick skillet over medium-high heat 3 to 4 minutes on each side or until browned. Drain on paper towels.

4. Place 1 sausage slice on top of 1 sweet potato cube; secure with a wooden pick. Repeat with remaining sausage slices and potato cubes. Serve with Lemon-Garlic Mayonnaise. Garnish, if desired.

—ANNE TRULOCK, MADISON, GEORGIA

Lemon-Garlic Mayonnaise:

MAKES ABOUT 1 CUP; PREP: 10 MIN.

1 cup mayonnaise

2 Tbsp. chopped fresh flat-leaf parsley

2 tsp. minced garlic

1 tsp. lemon zest

2 Tbsp. fresh lemon juice

1/2 tsp. pepper

1/4 tsp. salt

1. Stir together all ingredients. Store in an airtight container in refrigerator up to 7 days.

Creamy Lemon-Garlic Dressing: Stir together 1/2 cup Lemon-Garlic Mayonnaise, 1/4 cup buttermilk, and a pinch of salt. Makes about 1/2 cup.

Guacamole-Goat Cheese Toasts

MAKES ABOUT 10 APPETIZER SERVINGS;

PREP: 15 MIN., STAND: 30 MIN., BAKE: 8 MIN.

OPERA *PERFECT PARTNER: 2005 Villa Appalaccia, Pinot Grigio, Virginia; 2007 Flora Springs, Pinot Grigio, California*

2 ripe avocados

3 Tbsp. finely chopped red onion, divided

1/2 medium-size jalapeño pepper, seeded and chopped

1 garlic clove, pressed

2 1/2 tsp. fresh lime juice

1/4 tsp. salt

1/4 tsp. coarsely ground pepper

1/2 cup crumbled goat cheese

1 fresh tomatillo, husk removed

1 (7-oz.) package miniature white pita rounds*

2 Tbsp. olive oil

1 plum tomato, seeded and finely chopped

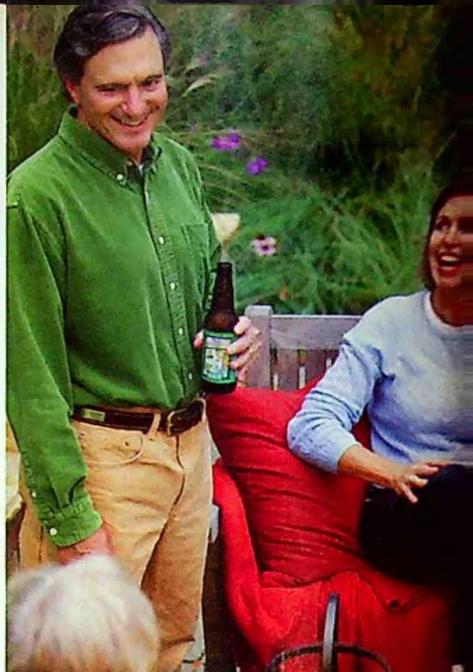
1. Cut avocados in half. Scoop pulp into a bowl, and mash with a potato masher or fork until slightly chunky. Stir in 2 Tbsp. red onion and next 5 ingredients. Gently fold in cheese. Place plastic wrap directly on surface of mixture, and let stand at room temperature 30 minutes.

2. Meanwhile, preheat oven to 375°. Finely chop tomatillo.

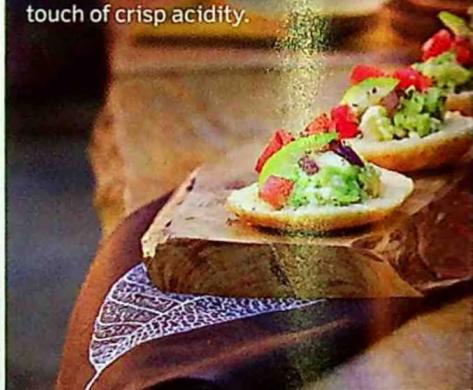
3. Separate pita rounds lengthwise into two halves. Arrange in a single layer on a baking sheet; drizzle with olive oil.

4. Bake at 375° for 6 to 8 minutes or until toasted. Top each with 1 rounded teaspoonful avocado mixture. Stir together tomatillo, tomato, and remaining 1 Tbsp. red onion. Top avocado mixture with tomatillo mixture. Sprinkle with coarsely ground pepper to taste. —ANNE TRULOCK, MADISON, GEORGIA

*1 (8.5-oz.) French bread baguette may be substituted for pita rounds. Cut bread



Mini pita rounds create a sturdy base for Guacamole-Goat Cheese Toasts. Feel free to use French baguette slices instead. Top with chopped tomatillo and tomato for a touch of crisp acidity.



Anne makes smart uses of amber glass votives and seasonal bittersweet to accent the mantel of the outdoor fireplace. While bittersweet is great for decorating, keep it away from food.



NOTE: My "Perfect Partner" wine suggestions feature a few personal favorites from Virginia. I've also included top-notch, nationally distributed options in case you can't find the ones from Virginia. For even more Old Dominion wine recommendations, check out "Virginia on the Vine" (page 86).

Decorating Suggestion

Stylist Mindi Shapiro Levine used

rustic wooden dinnerware

(perfect for alfresco entertaining) and

cotton-blend, leaf-patterned napkins

to complement the Trulocks' outdoor

living area. "It's all about focusing

on the fall color palette while

maintaining a warm, cozy, and

easy feel," says Mindi.



Serve Sweet Potato Squares With Lemon-Garlic Mayonnaise warm or at room temperature. The roasted goodness of the sweet potatoes and crispy smoked sausage deliver a pop of flavor in a small bite.

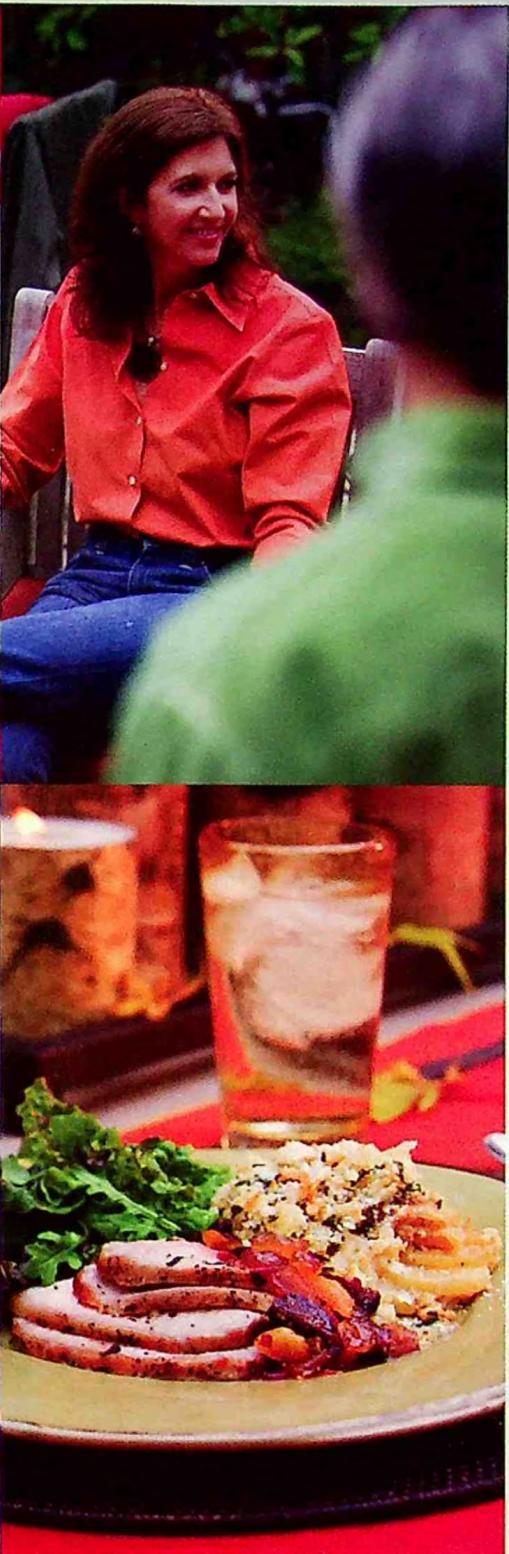
Serving Suggestion

The robust herb crust of the Grilled Pork Roast pairs beautifully with the sweet and tart flavors of the Fruit Compote. Keep leftover Fruit Compote in the refrigerator for up to two weeks, and serve with creamy goat cheese or Brie and slices of fresh, crusty baguette for a wonderful snack or appetizer.

Celebrate the season with hearty offerings such as Grilled Pork Roast With Fruit Compote and Caramelized Onion-Potato Gratin. Round out the plate with your favorite salad of mixed greens for a delicious meal your friends and family will love.



“Everything seems to TASTE BETTER



diagonally into 42 (1/2-inch-thick) slices, discarding ends.

Note: For testing purposes only, we used Toufayan Bakeries Mini Pitettes.

Grilled Pork Roast With Fruit Compote

MAKES 8 SERVINGS; PREP: 15 MIN.;

GRILL: 1 HR., 5 MIN.; STAND: 10 MIN.

If you'd rather not mess with tying the roast, ask the butcher to do it for you.

OPPERFECT PARTNER: 2005 *DelFosse, Cabernet Franc, Virginia*; 2005 *Columbia Crest, Two Vines Vineyard 10 Red, Washington*

1 (4-lb.) boneless pork loin roast, trimmed

Kitchen string

2 tsp. salt

1 tsp. pepper

2 Tbsp. chopped garlic

1 Tbsp. finely chopped fresh rosemary

1 Tbsp. chopped fresh thyme

2 Tbsp. olive oil

Fruit Compote

1. Tie pork with kitchen string, securing at 2-inch intervals. Sprinkle pork with salt and pepper. Stir together garlic and next 3 ingredients. Rub over pork.

2. Light 1 side of a grill, heating to 350° to 400° (medium-high); leave other side unlit. Place pork over lit side, and grill, covered with grill lid, 8 to 10 minutes on each side or until browned. Move pork over unlit side, and grill, covered with grill lid, 45 minutes or until a meat thermometer inserted into thickest portion registers 145° to 150°. Let stand 10 minutes before slicing. Serve with Fruit Compote.

Fruit Compote:

MAKES 2 CUPS; PREP: 15 MIN., COOK: 25 MIN.

16 dried Mission figlets, quartered*

1 Granny Smith apple, diced

12 dried apricots, thinly sliced

1/2 cup seedless red grapes, halved

1/2 cup chopped red onion

1/2 cup dry white wine

1/2 cup cider vinegar

when good friends are around."

—ANNE TRULOCK

1 cup sugar

1/2 tsp. salt

1/2 tsp. pepper

1. Combine all ingredients in a 3-qt. saucepan, and cook over medium heat, stirring occasionally, 25 minutes or until thickened and liquid is reduced by three-fourths. (Mixture will continue to thicken as it cools.) Serve warm or at room temperature.

—ANNE TRULOCK, MADISON, GEORGIA

*12 dried Mission figs, coarsely chopped, may be substituted.

Note: For testing purposes only, we used Blue Ribbon Orchard Choice Mission Figlets.

Caramelized Onion-Potato Gratin

MAKES 8 SERVINGS; PREP: 30 MIN.;

COOK: 27 MIN.; BAKE: 1 HR., 10 MIN.;

STAND: 10 MIN.

Cook's note: Stick a wooden pick into the middle of the gratin to test for doneness. The gratin is ready when the pick slides easily through the potatoes.

1 1/4 cups soft, fresh breadcrumbs

1/4 cup chopped fresh parsley

3 Tbsp. grated Parmesan cheese

2 tsp. lemon zest

3 Tbsp. butter

2 large sweet onions, halved and thinly sliced

3 garlic cloves, minced

3 Tbsp. all-purpose flour

3 1/2 cups milk

1 1/4 tsp. salt

1 1/2 tsp. dried Italian seasoning

1/8 tsp. ground red pepper

1 (8-oz.) package shredded Italian six-cheese blend

3 lb. baking potatoes, peeled and thinly sliced

1. Preheat oven to 375°. Combine first 4 ingredients in a small bowl.

2. Melt butter in a Dutch oven over medium-high heat; add onion, and cook, stirring often, 15 minutes or until onions are caramel colored; add garlic, and cook 1 minute.

3. Stir in flour, and cook, stirring constantly, 1 minute. Gradually whisk in milk and next 3 ingredients. Cook, whisking often, 8 to 9 minutes or until mixture thickens. Remove from heat; whisk in cheese until melted and smooth.

4. Layer half of potatoes in a lightly greased 13- x 9-inch baking dish; pour 2 cups sauce over potatoes in dish. Repeat layers once.

5. Bake, uncovered, at 375° for 1 hour and

10 minutes or until golden brown and potatoes are fork tender, topping with bread-crumb mixture during last 15 minutes of baking. Remove from oven, and let stand 10 minutes. —ANNE TRULOCK, MADISON, GEORGIA

Lightened Potato-Caramelized Onion Gratin: Substitute 1% low-fat milk for whole milk, decrease butter to 1 1/2 Tbsp., and increase flour to 1/4 cup. Proceed with recipe as directed.

Granola-Ginger Baked Apples

MAKES 8 SERVINGS; PREP: 20 MIN.;

BAKE: 45 MIN.; COOK: 6 MIN.

4 large Golden Delicious or Jonagold apples

3 (1.5-oz.) oat-and-honey granola bars, finely crushed

1/2 cup roasted salted almonds, chopped

1/4 cup finely chopped crystallized ginger

1/4 cup butter, softened

3/4 tsp. ground cinnamon

1 3/4 cups apple cider

1/3 cup cherry preserves

1 (7-oz.) container Greek yogurt

1. Preheat oven to 375°. Cut apples in half, cutting through stem and bottom ends. Scoop out core and pulp, leaving a 1/4-inch shell. Cut about 1/4 inch from opposite side of apple, forming a flat base.

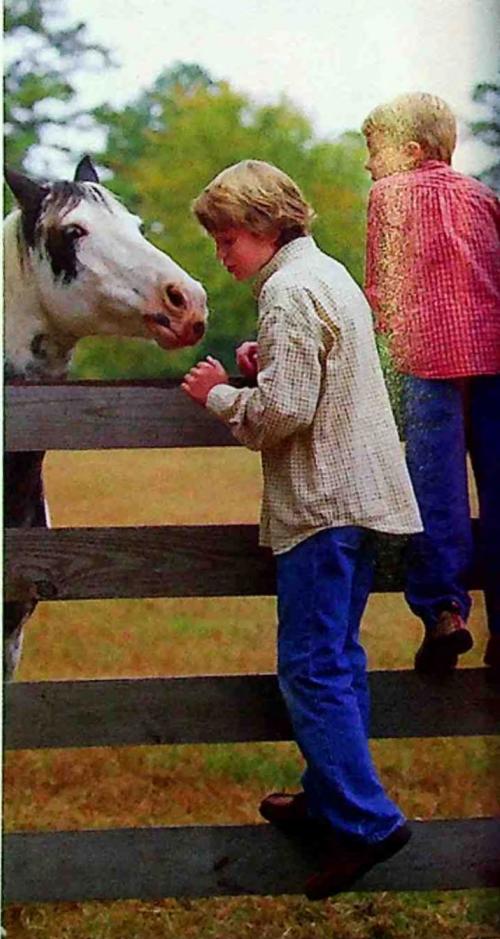
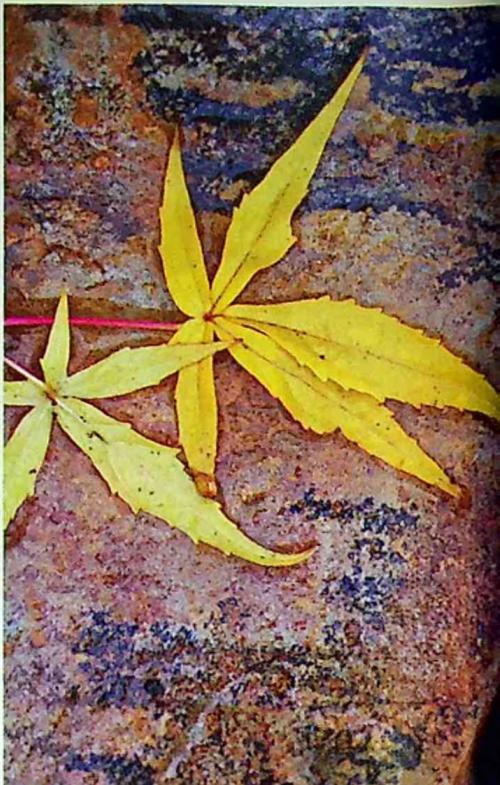
2. Stir together crushed granola bars and next 4 ingredients. Spoon mixture into apple shells, pressing to gently pack. Arrange apples in a 13- x 9-inch pan. Pour cider around apples in pan.

3. Bake at 375° for 25 to 45 minutes or until apples are tender, basting twice with pan juices.

4. Place apples on a serving plate. Add preserves to pan juices, and cook, over medium-high heat, stirring constantly, 5 to 6 minutes or until thickened. Serve apples with warm sauce and Greek yogurt.

Granola-Ginger Baked Pears: Substitute 4 Bosc pears for apples. Proceed with recipe as directed.

Note: Baking times will vary greatly due to the ripeness of your fruit. Begin testing for doneness by inserting a wooden pick directly into the fruit (not granola mixture) after 25 minutes of baking. A wooden pick should be able to pierce the fruit easily with just a little resistance. Overcooking will lead to the fruit losing its natural shape and becoming mushy. For testing purposes only, we used Nature Valley Oats 'N Honey Crunchy Granola Bars. ●



Finely crushed oat-and-honey granola bars, chopped crystallized ginger, and thick Greek yogurt are the secrets to Granola-Ginger Baked Apples, a delectable and good-for-you dessert. Bosc pears also work well in place of apples.

Serving Suggestion

For the last course, remember one basic rule: The wine should always be sweeter than the dessert. For the Granola-Ginger Baked Apples, try Bonny Doon, Vin de Glaci  re, Muscat, California or Hogue, Late Harvest White Riesling, Washington. The lightly effervescent Italian sparkler Moscato D'Asti is also a good choice.

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Healthy Living

Party With Big Flavor

Excite your guests with this robust menu, using a new supermarket secret that makes entertaining easier than ever. By **Shannon Sliter Satterwhite**, photography **Beth Dreiling Hontzas**



Help yourself to Lean Green Lettuce Tacos, whose colorful ingredients offer big benefits. Romaine lettuce leaves arranged in a stemmed vase double as nutritious taco wraps and a decorative centerpiece.

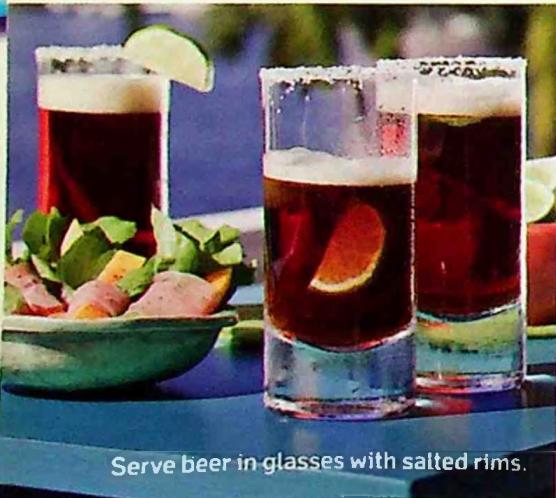


Corina Mascaro (center) and friends gather at her waterfront home for cool drinks, good food, and a lot of laughs. Her company, Nueva Cocina, brings healthful Latin foods into homes across the country.

TASTING PARTY

SERVES 8

- Prosciutto-Wrapped Mango Bites
- Cuban Black Bean Dip
- Party-Style Pork Empanada
- Lean Green Lettuce Tacos



Serve beer in glasses with salted rims.

One bite of this menu made our Food staff fall instantly in love with a new kind of comfort food. You will too when you learn how easy it is to make these delicious dishes.

This crowd-pleasing party menu uses the newest line of nutritious Latin seasonings and rice and soup mixes created by Miami business partners Corina Mascaro and Celeste De Armas. "South American cuisine is where Italian food was 20 years ago," says Corina. "It's definitely becoming more familiar to the public—and it's healthy." For these reasons, the two women decided to bring the Nueva Cocina brand to supermarket shelves, hoping to inspire consumers. "We want to make everyday Latin food accessible to everyone," explains Corina.

Best of all, these products are all-natural and sport significantly lower sodium and fat than other seasoning mixes. Serve these easy dishes as smaller appetizer portions, or convert hearty Lean Green Lettuce Tacos and Party-Style Pork Empanada into supper servings—either way, they're delicious. Try them, and tell us what you think.

Lean Green Lettuce Tacos

MAKES 8 APPETIZER SERVINGS; PREP:

15 MIN., COOK: 11 MIN.

Queso fresco is Spanish for "fresh cheese." It has a soft and crumbly texture (similar to *feta*) with mild flavor. You can find it in the dairy section of larger supermarkets.

- 1 small zucchini, diced
- 1 small yellow squash, diced
- ½ lb. extra-lean ground beef
- 1 Tbsp. olive oil
- 1 (1.25-oz.) *taco fresco* seasoning
- 1 (8-oz.) can no-salt-added tomato sauce
- 2 Tbsp. chopped fresh cilantro
- 1 Tbsp. lime juice
- 8 romaine lettuce leaves

Toppings: diced tomato, chopped fresh cilantro, chopped red onion, crumbled *queso fresco**

- Sauté first 3 ingredients in hot oil in a large nonstick skillet over medium-high heat 5 to 6 minutes or until meat crumbles and is no longer pink. Stir in seasoning until blended; cook 1 minute.
- Reduce heat to low; stir in tomato sauce, and cook, stirring often, 3 to 4 minutes or until thoroughly heated. Remove from heat, and stir in cilantro and lime juice.

► turn to page 102



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ABOVE: A tasty soup mix is the base for Cuban Black Bean Dip. Serve it with cucumber slices and bell pepper and carrot strips. RIGHT: It's easy to make our Party-Style Pork Empanada with the convenience of refrigerated canned bread dough.



The Secret's in the Mix

Nueva Cocina, meaning "new cooking," is the newest line of commercial Latin seasonings, soups, and main-dish mixes that offer big flavor and convenience. All have less fat and sodium and fewer calories than a lot of other ready-to-prepare products. Plus they're all-natural, containing no monosodium glutamate (MSG) or trans fat. Look for them in larger grocery stores, such as Target, Publix, Whole Foods Market, Kroger, and Harris Teeter.



3. Serve meat mixture in romaine lettuce leaves with desired toppings.

—ADAPTED FROM NUEVA COCINA WEB SITE

*2% reduced-fat shredded Cheddar or Monterey Jack cheese may be substituted.

Note: For testing purposes only, we used Nueva Cocina Taco Fresco Ground Beef Seasoning.

Per serving: Calories 93. Fat 4.5g (sat 1.3g, mono 2.4g, poly 0.4g). Protein 6.7g. Caro 6.2g. Fiber 1g. Chol 10mg. Iron 1mg. Sodium 227mg. Calc 14mg.

Cuban Black Bean Dip

MAKES ABOUT 2 CUPS; PREP: 15 MIN.

COOK: 32 MIN., COOL: 30 MIN., CHILL: 2 HR.

We like Mexican sour cream for its rich texture. One tablespoon yields big flavor, so it's okay to indulge. Look for it in the dairy section of larger supermarkets.

1 (6-oz.) package Cuban-style black bean soup mix
1 Tbsp. olive oil

2 Tbsp. lime juice

1/2 tsp. cumin

1/4 tsp. ground chipotle chile powder

2 Tbsp. Mexican crema or regular sour cream*

Garnishes: diced tomatoes, thinly sliced green onions

Fresh vegetable slices

1. Bring soup mix, olive oil, and 2 1/2 cups water to a boil in a medium saucepan over high heat, stirring occasionally. Cover, reduce heat to low, and simmer, stirring occasionally, 25 minutes. Uncover and cook 5 to 7 minutes or until thick and beans are tender. Let cool 30 minutes.

2. Process soup mixture, lime juice, cumin, and chile powder in a food processor 20 seconds or until smooth. Spoon mixture into a serving bowl. Cover and chill 2 hours before serving. Store in refrigerator in an airtight container up to 2 days. Spread center of dip with Mexican crema, and garnish, if desired. Serve with fresh vegetable slices.

—ADAPTED FROM NUEVA COCINA WEB SITE

*Light sour cream may be substituted.

Note: For testing purposes only, we used Nueva Cocina Cuban Style Black Bean Soup Mix and Olé Crema Mexicana.

Per 1/4-cup serving: Calories 94. Fat 2.5g (sat 0.7g, mono 1.3g, poly 0.3g). Protein 4.7g. Caro 14.2g. Fiber 4.6g. Chol 19mg. Iron 0.1mg. Sodium 352mg. Calc 7mg.

Party-Style Pork Empanada

MAKES 8 APPETIZER SERVINGS; PREP:

25 MIN., COOK: 17 MIN., BAKE: 22 MIN.

1/4 cup slivered or sliced almonds

3/4 lb. pork tenderloin (about 1 small tenderloin)

1 (1.25-oz.) envelope picadillo seasoning

1/2 medium-size sweet onion, chopped

1 small red bell pepper, chopped

1 Tbsp. olive oil

1/2 cup golden raisins

3 Tbsp. fresh lime juice

1/4 cup chopped fresh cilantro

1/4 cup light sour cream

1/2 tsp. pepper

1 (11-oz.) can refrigerated French bread dough

1 large egg, lightly beaten

Vegetable cooking spray

1/2 tsp. cumin seeds (optional)

Salsa

Garnish: lime wedges

1. Heat almonds in a large nonstick skillet over medium-low heat, stirring often, 4 to 6 minutes or until toasted and fragrant.

2. Preheat oven to 375°. Cut pork into

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½-inch cubes. Toss together pork and picadillo seasoning.

3. Sauté onion and pepper in hot oil in skillet over medium-high heat 5 minutes or until tender. Add pork mixture, and sauté 6 minutes or until browned. Stir in raisins and lime juice, and cook 30 seconds. Remove from heat. Stir in almonds, cilantro, sour cream, and pepper.

4. Unroll dough on a lightly floured surface. Gently stretch dough into a 14- x 12-inch rectangle. Spoon pork mixture onto dough, leaving a 1½-inch border. Lightly brush edges of dough with egg, and roll up, starting at 1 long side and ending seam side down.

5. Carefully place dough, seam side down, on a baking sheet coated with cooking spray. Bring ends of roll together to form a ring, pinching edges together to seal. Lightly brush top and sides of dough with egg. Sprinkle with cumin seeds, if desired. **6.** Bake at 375° for 18 to 22 minutes or until golden brown. Serve warm with salsa. Garnish, if desired.

Note: For testing purposes only, we used *Nueva Cocina Picadillo Beef Seasoning* and *Pillsbury Refrigerated Crusty French Loaf*. To make ahead, prepare recipe as directed through Step 5. Cover with lightly greased plastic wrap, and chill 2 hours. Proceed with recipe as directed.

Per serving: Calories 251. Fat 7.3g (sat 1.8g, mono 3.6g, poly 1.1g); Protein 14.4g, Carb 32.5g, Fiber 1.2g, Chol 52.6mg, Iron 2mg, Sodium 473mg, Calc 22mg

Prosciutto-Wrapped Mango Bites

MAKES 8 APPETIZER SERVINGS; PREP: 20 MIN.

Ask for paper-thin slices of meat at the deli counter. To ease prep, look for a package of presliced mango in the produce section. We do not recommend jarred mango slices—they're too soft.

1 ripe mango, peeled

1½ cups loosely packed arugula

1 (1-oz.) package fresh basil

4 very thin prosciutto or country ham slices

¼ tsp. coarsely ground pepper

1. Cut mango into ¼- to ½-inch slices (about 16). Place 1 mango slice on top of 3 arugula leaves and 1 to 2 basil leaves.

2. Cut each prosciutto slice lengthwise



You might want to double the recipe for Prosciutto-Wrapped Mango Bites—they disappear fast. Use kitchen shears to easily cut the prosciutto into strips.

Healthy Benefits

- Cucumbers can help cool down high blood pressure, give your skin a radiant glow, and add more fiber to your day.
- Mangoes contain comforting enzymes that can help control stomach acid and soothe the painful symptoms of reflux.

into 4 strips. Wrap center of each mango bundle with 1 prosciutto strip. Arrange on a serving platter, and sprinkle with pepper.

Note: To make ahead, prepare recipe as directed. Cover bites with damp paper towels, and chill 30 minutes.

Per serving (2 bites): Calories 29. Fat 0.6g (sat 0.2g, mono 0.04g, poly 0.1g); Protein 1.6g, Carb 5.2g, Fiber 0.8g, Chol 19mg, Iron 0.4mg, Sodium 68mg, Calc 30mg

Prosciutto-Wrapped Melon Bites:

Substitute half of 1 small cantaloupe or honeydew for mango. Proceed with recipe as directed.

Prosciutto-Wrapped Pear Bites:

Substitute 1 ripe pear, unpeeled, for mango.

Cut pear as directed in Step 1. Toss together pear slices and ½ cup lemon-lime soft drink to prevent browning; drain. Proceed with recipe as directed.

Prosciutto-Wrapped Apple Bites:

Substitute 1 Gala apple, unpeeled, for mango. Cut apple as directed in Step 1. Toss together apple slices and ½ cup lemon-lime soft drink to prevent browning; drain. Proceed with recipe as directed.

Note: To make ahead, prepare recipe as directed. Cover bites with damp paper towels, and chill 30 minutes. •

fewer urges and leaks

Want fewer urges and leaks in your internal plumbing? VESIcare can make a difference.

When your bladder muscle is overactive, it can cause those frustrating urges, so you worry your pipes might leak. This can sometimes get in the way of what you love to do. So it's harder to always do things spur of the moment. VESIcare, once a day, helps control your bladder muscle, so it can reduce urges and leaks, day and night. If you've had enough, talk to your doctor again about taking care with VESIcare.

Important Safety Information

VESIcare is for urgency, frequency, and leakage (overactive bladder). VESIcare is not for everyone. If you have certain types of stomach, urinary, or glaucoma problems, do not take VESIcare. While taking VESIcare, if you experience a serious allergic reaction, severe abdominal pain, or become constipated for three or more days, tell your doctor right away. In studies, common side effects were dry mouth, constipation, blurred vision, and indigestion.

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Please see important product information on the following page.

*Subject to eligibility. Restrictions may apply.



Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare®?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency."
- Having a strong need to go to the bathroom right away, also called "urgency."
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare®?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention").
- have delayed or slow emptying of your stomach (also called "gastric retention").
- have an eye problem called "uncontrolled narrow-angle glaucoma".
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare®?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation.
- have trouble emptying your bladder or you have a weak urine stream.
- have an eye problem called narrow-angle glaucoma.
- have liver problems.
- have kidney problems.
- are pregnant or trying to become pregnant (it is not known if VESicare can harm your unborn baby).
- are breastfeeding (it is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare®?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare®?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare®?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30°C).
- Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General Information about VESicare®

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (800) 727-7003 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare®?

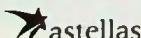
Active Ingredient: solifenacin succinate

Inactive Ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

Manufactured by:
Astellas Pharma Technologies Inc.
Norman, Oklahoma 73072

Marketed by:
Astellas Pharma US, Inc.
Deerfield, IL 60015-2548

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North Carolina 27709



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Healthy Living LOOK YOUR BEST

Fall in Love With Comfy Shoes

There's no need to sacrifice style to treat your tootsies right. Use these tips to choose high-fashion shoes that are good for you.

By Bridget Sellers



Stylish women everywhere can cheer! Now we can look fantastic and still have happy feet. When it's time to dress up for work or something special, we have the shoes for you. Shoe stores all over the South are now offering modern styles that—surprise—are amazingly comfortable.

Mainstream manufacturers and high-end designers alike have recognized the need for sensibility and are providing sophisticated looks that are healthful too. It's easier than ever to combine fashion and function if you know a few basics.

Finding a Good Fit Dr. Judith F. Baumhauer, a spokesperson for the American Orthopaedic Foot & Ankle Society and an orthopedic surgeon specializing in foot and ankle care, says there are certain qualities that make a shoe great for you. "Getting a good shoe is tricky because the fit completely depends on your foot," she explains, "but it's easier when you know some specifics to look for."

Here are Dr. Baumhauer's shopping tips for finding smart shoes.

- The shoe's sole should be made of a shock-absorbing material such as rubber or cork.

Great Brands for Feel-Good Footwear

Want comfortable options that fit your taste? Here are our top picks for brands with taste and the right technology for a good fit. We've grouped these based on cost from high to low. Don't be afraid to indulge though. We found that extra cash means extra comfort in most cases.

- **It's an investment:** Jeanne Jarvaise, Taryn Rose
- **Pricey but worth every penny:** Cole Haan, Cordani, Gentle Souls by Kenneth Cole
- **Comfort within reach:** Aravon, Born, Clarks, Me Too
- **A steal of a deal:** Aerosoles, Dr. Scholl's, Easy Spirit

• • • • •

Sling-back

COMFORT KEY: The sling-back heel is sleek and elegant—a classic choice for an evening out. Look for one that uses a wide strap to increase stability, a wide toe box to prevent cramping from strap pressure, and shock absorption to pad the ball of the foot. **Editor's pick:** The "Claudia" style from Taryn Rose, orthopedic surgeon-turned-shoe designer.



Platform

COMFORT KEY: The platform pump is fun and adventurous and can be surprisingly comfortable if you look for a few difference-makers—a wide upper-foot strap for extra support, shock absorption for padding, and an angled platform under the ball of the foot to reduce lower back pain. **Editor's Pick:** The "Heather" heel from Jeanne Jarvaise. This shoe's a shocker! It feels so soft on the ball of the foot.



Rounded-Toe Pump

COMFORT KEY: The rounded-toe pump is all things feminine and a timeless staple for dressing up on any occasion. Look for a deep toe box to prevent jamming into the front of the shoe, memory foam for extra cushioning, and built-in arch support. **Editor's pick:** The "Calgary" style by Cordani. This shoe wins top pick for its ultra-stylish look, great fit, and pretty affordable price.



Casual Slip-on

COMFORT KEY: Busy days call for shoes that slip right on and keep up with fast-moving feet. Look for an ultra-soft footbed, extra padding in the ball of the foot, and a flexible rubber sole. **Editor's pick:** The "Saba" patent leather flat by Me Too.



Mary Jane

COMFORT KEY: The youthful Mary Jane pairs especially well with ankle-cropped pants when you want to look cute but feel comfortable. Look for straps made of extra-soft leather to prevent blistering, cushioned footbeds for extra padding, and built-in arch support. **Editor's pick:** The "Hayley" shoe by Aravon.



Wedge

COMFORT KEY: The wedge is a smart option when you need a heavier shoe that still looks sophisticated. But walking on a wedge can feel trickier than tightrope walking. Shop for a medium-to-low heel to reduce forefoot pressure and back pain. **Editor's pick:** The 1-inch "Air Linden Ballet" wedge from Cole Haan. Shock absorption is always a plus, and this style has a high-tech Nike Air sole.



Ballet Flat

COMFORT KEY: This sweet and versatile slipper is stylish enough for work yet goes great with your favorite jeans. Its trademark is a light-looking sole, but shop for a pair with extra padding to cushion the foot and a functional strap for a snug fit. **Editor's pick:** The "Gabby" shoe by Gentle Souls. The deerskin lining in this shoe feels like a soft glove.

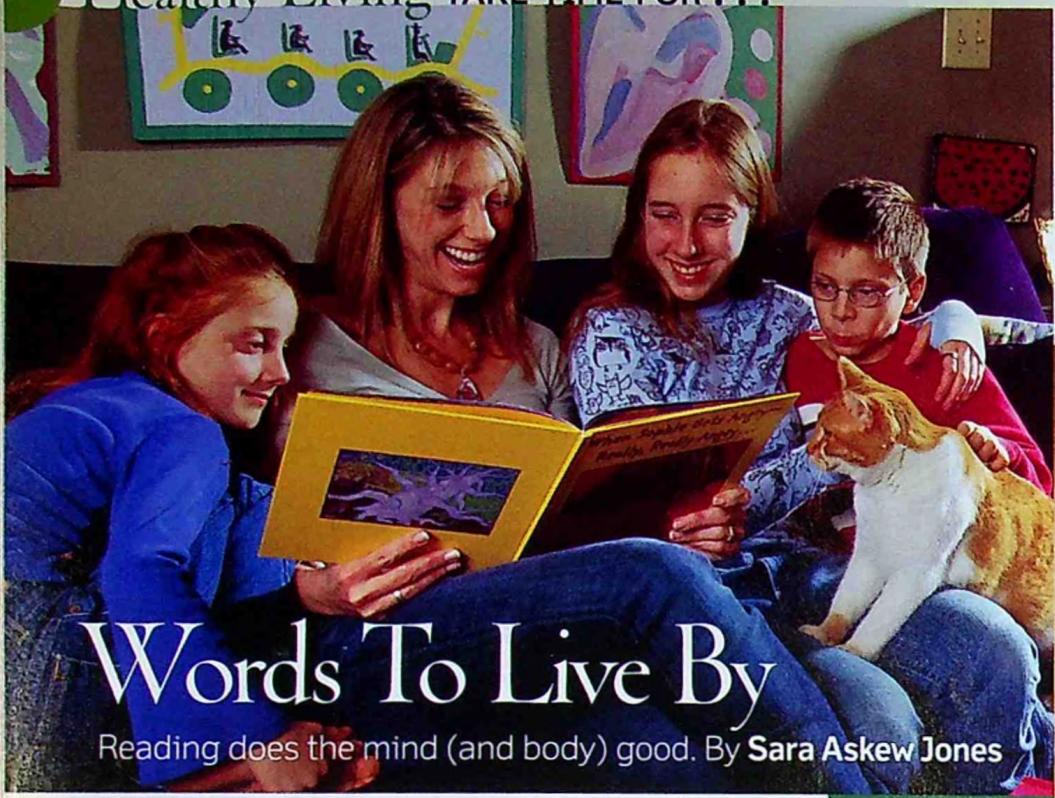


Classic Flat

COMFORT KEY: A multipurpose flat is every woman's best friend on those days when outfit assembly needs to be easy. Look for a shock-absorbing sole and extra-soft lining. **Editor's pick:** The rightfully named "Carefree" style by Aerosoles. This shoe is a great value.



- The upper portion should be made of expanding materials such as soft leather.
- The widest portion of the sole should match the width of the ball of your foot.
- Your heel should fit snugly into the back of the shoe.
- Get both feet measured—the size and shape of each foot changes with age. Buy for the larger foot, if needed.
- Shop at the end of the day when your feet have expanded.
- Go where a reputable salesperson is available for sizing. •



Words To Live By

Reading does the mind (and body) good. By **Sara Askew Jones**

Open a book, and a marvelous adventure begins. Reading enriches our lives by providing entertainment and knowledge for us and our families. There is a bonus too: It influences good health and wellness for all ages.

Chapter One Begin the reading journey when your child is an infant by reading aloud and often. Though they might not understand the words, babies respond to the sounds of your voice and the colors on the page. Also, make it a tactile experience by encouraging them to hold or touch the book.

"Hearing, seeing, and touching—all this fits together and is stimulating," says Pat Hodge, director of curriculum and instruction for the Trussville, Alabama, City Schools. "It will help them as they grow up to associate reading with good fun."

Learning Curve Continue reading to your children as they grow older. Toddlers benefit in a number of ways. First and foremost, it helps with their language development. "The more they hear through reading aloud, the stronger their vocabulary becomes," says Pat.

Most preschoolers want to hear the same story over and over. This repetition builds many skills, such as sequencing and recall.

"Young children become familiar with the words on the page and listening to the sounds," Pat says. "Doing this at the same time teaches children to try to read as best they can."

Make reading a priority for yourself. Children model the behavior of their parents. It shows your kids that you enjoy and value reading.

"Encouraging reading is the single thing that parents can do that will be of greatest importance in their child's learning," says Pat.

Create a special reading corner where young minds will soar with imagination. "The more you read, the better you become," says Pat Hodge.

Healthy Benefits

- Reading to young children at least three times a week increases the likelihood that their reading scores will be in the top 25%.
- Turn off the TV, and turn on togetherness by setting aside a family reading time each week.
- Communication is important. Research shows that kids who hear their family's stories do better academically and make better choices when confronted with temptation.

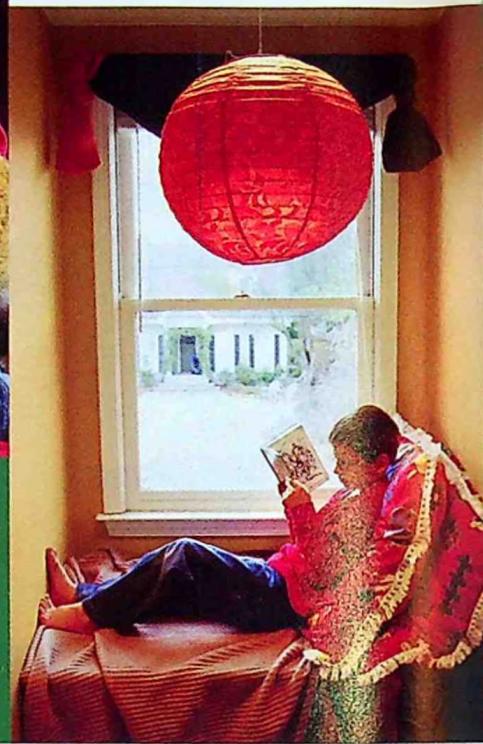
Page-turner Children aren't the only ones who benefit from reading. Adults do too. Getting lost in a good book eases the strain of everyday life. In fact, many mental health plans in the United Kingdom require adults to read for pleasure as part of their therapy for depression or stress-related illnesses, says Pat.

"Reading is physically good for you," she says. "It helps take stress out of our minds."

Also, it broadens our knowledge and stretches us, which affects our overall well-being. "We stay younger longer when we continue to learn," concludes Pat. Not a bad thing at any age. •

Now Hear This

Listening to a good story never goes out of style. Make a point to read to your children even as they get older. When traveling, pop an audio book into your car's CD player, and listen together. Follow up with an informal discussion of the work heard. These conversations will encourage better communication between you and your kids.





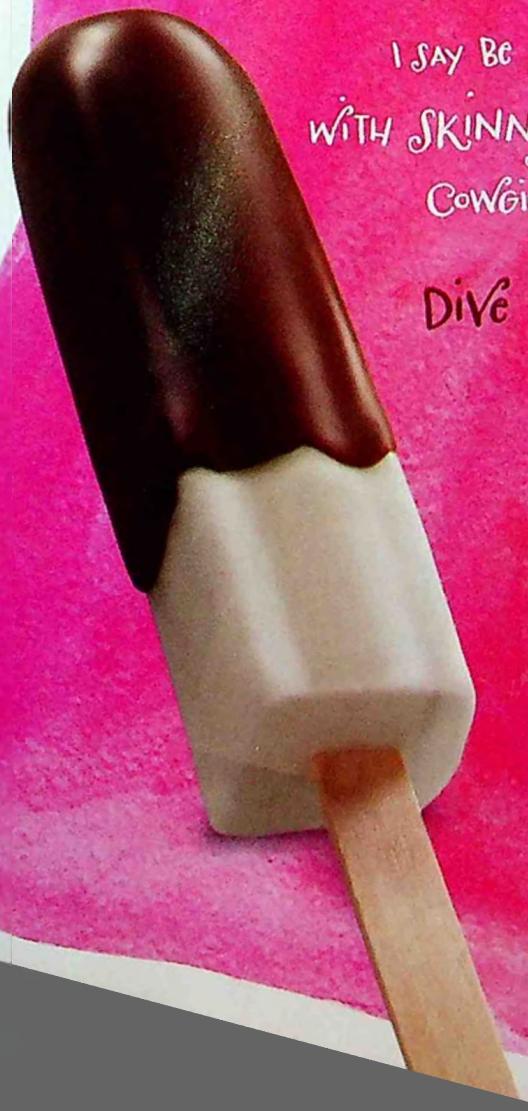
There is no age limit for
SKINNY DIPPING.

SURE we're dieting, but it can still be fun.

I SAY BE A LITTLE NAUGHTY AND GO FOR A DIP!

WITH SKINNY DIPPERS AFTER ALL, WE ARE GOOD-LOOKIN'
COWGIRLS IN OR OUT OF OUR BIRTHDAY SUITS.

DIVE IN AND SAY COWABUNGA!



GET THE SKINNY. COM

Footsteps to Fitness

Surround yourself with nature for a great workout. By **Sara Askew Jones**

Hit the trail now for a refreshing change of pace. Whether you go for an afternoon stroll or an all-day hike, let the rich blue skies, awesome foliage, and sweet fall air energize you.

Keep on Trekking Footpaths come in all sizes, types, and levels of difficulty—some lead to great vistas while others follow meandering streams. Whether tucked in an urban setting or deep within a national forest, these trails can power up your fitness routine in a number of ways.

- Scenic walkways provide an ever-changing setting to stave off workout boredom.
- Wearing a backpack on longer excursions burns extra calories.
- Hiking or walking on hills helps build stamina and muscles, both good for your heart.
- Urban paths inspire people to get moving in a comfortable setting without concern for traffic.



Healthy Benefits

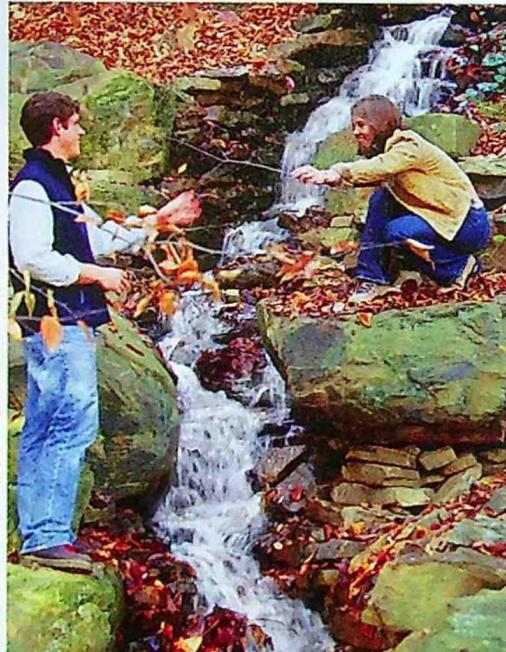
- Accessible trails help build healthy communities by providing cost-effective places where anyone can exercise and enjoy the outdoors.
- Walking and other gentle forms of physical activity reduce arthritis pain and disability.

- Looking at beautiful scenery can take your mind off the physical exertion.

Above all, walking on trails offers more than a pathway to fitness. It opens up a world of sensory pleasure and an appreciation for the environment.

Tips To Remember

- Stay on the trail for safety's sake.
- Bring water for longer hikes. All-day backpackers need at least 2 to 3 quarts.
- Check the forecast, and dress in layers for fickle fall weather.
- Stretch gently before and after hiking. •



Choose the appropriate footwear. Comfortable shoes are fine for level paths, while rougher terrain requires hiking boots.

Wish I Was Here

Here are a few of our staff members' favorite trails.

ALABAMA

- Ruffner Mountain Nature Center: Birmingham; www.ruffnermountain.org

ARKANSAS

- Sugar Loaf Mountain National Recreational Trail: Greers Ferry Lake; www.greersferrylake.org

FLORIDA

- Flatwoods Wilderness Park: near Tampa Bay; (813) 987-6211

GEORGIA

- Black Rock Mountain: near Clayton; www.gastateparks.org/info/blackrock
- Chattahoochee River Trails: near Atlanta; www.nps.gov/chat

KENTUCKY

- Cherokee Park: Louisville; www.olmstedparks.org
- Red River Gorge: near Lexington; www.redrivergorge.com

MARYLAND

- Billy Goat Trail: near Potomac; (301) 767-3714

MISSOURI

- Katy Trail State Park: near Columbia; 1-800-334-6946

NORTH CAROLINA

- Joyce Kilmer Memorial Forest: near Robbinsville; www.main.nc.us/graham/hiking/joycekil.html
- Pisgah National Forest: near Asheville; (828) 257-4200

SOUTH CAROLINA

- Anne Springs Close Greenway: near Rock Hill; (803) 548-7252
- I'On Village Walk: near Charleston; www.ioncommunity.com

TENNESSEE

- Chattanooga River Walk: (423) 643-6888
- Radnor Lake Trails: near Nashville; www.radnorlake.org

TEXAS

- Cedar Ridge Preserve: Dallas; www.audubondallas.org
- Town Lake: Austin; www.texasoutside.com/townlake

VIRGINIA

- Wintergreen Trail System: near Charlottesville; www.wintergreenresort.com

WASHINGTON, D.C.

- Rock Creek Park: www.nps.gov/rocr

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Introducing JELL-O sugar free rice pudding. In cinnamon, crème brûlée and original.

EVERY DIET NEEDS A LITTLE WIGGLE ROOM.

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After-Dinner Delight

Coffee is making a comeback when it comes to our health. Find out what America's favorite morning drink has to offer. You'll want to serve these treats at your next get-together. By **Shannon Sliter Satterwhite, M.S., R.D.**

Creamy 100-Calorie Coffee

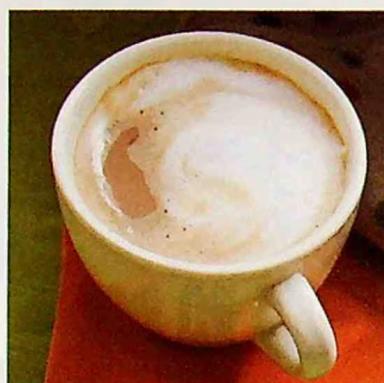
MAKES ABOUT 4 (1-CUP) SERVINGS;

PREP: 15 MIN., COOK: 10 MIN.

2½ cups hot espresso or strong brewed coffee
2 cups 1% low-fat milk
3 Tbsp. sugar
1 tsp. vanilla extract

1. Whisk together all ingredients in a medium saucepan over medium heat, and cook, whisking occasionally, 10 minutes or until steamy.

—ADAPTED FROM AMERICAN DAIRY ASSOCIATION



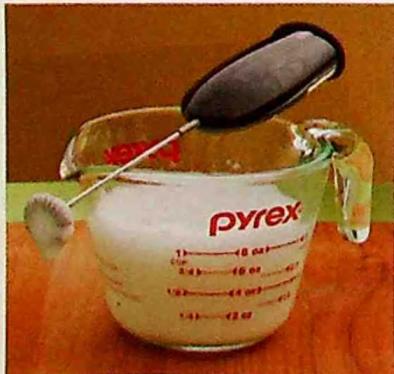
PHOTOGRAPHS: JENNIFER DAUER; BETH OBRIEN; HONEY STYLING: LISA POWELL; BAILEY HUFF STYLING: MARIAN COOPER CALRS; FOOD STYLING: MARIAN COOPER CALRS; NORMAN KING

Creamy 100-Calorie Iced Coffee:

Prepare recipe as directed. Let cool completely (about 20 minutes). Pour 1½ cups coffee mixture into compartments of 1 ice cube tray, and freeze 4 hours or until firm. Chill remaining coffee mixture until ready to serve. Place coffee ice cubes in a pitcher, and pour remaining coffee mixture over ice cubes. Serve immediately. Prep: 15 min., Cook: 10 min., Cool: 20 min., Freeze: 4 hr.

Per 9-oz. serving (about 1 cup): Calories 100, Fat 1.5g (sat 0.9g, mono 0.4g, poly 0.1g), Protein 5g, Carb 16.3g, Fiber 0g, Chol 5mg, Iron 0.1mg, Sodium 74mg, Calc 178mg.

• TIP •



Warm up with Creamy 100-Calorie Coffee. Froth up some hot, low-fat milk with a portable, handheld frother, available at most superstores for about \$10. Or have your coffee cold over ice.

Café Con Leche Custard Cups

MAKES 8 (½-CUP) SERVINGS; PREP: 10 MIN.,

COOK: 12 MIN., COOL: 30 MIN.

½ cup all-purpose flour
½ tsp. salt
2½ cups 2% reduced-fat milk
1 (14-oz.) can fat-free sweetened condensed milk
2 egg yolks
2 Tbsp. instant coffee granules
2 tsp. vanilla extract
¾ cup thawed reduced-fat whipped topping
 Garnishes: chopped and whole chocolate-covered espresso beans, 100-calorie shortbread cookies

1. Combine flour and salt in a 2-qt. heavy nonaluminum saucepan. Whisk in reduced-fat milk and next 3 ingredients, whisking until smooth. Cook over medium heat, whisking constantly, 10 to 12 min-

utes or until thickened. Remove from heat; stir in vanilla.

2. Fill a large bowl with ice; place pan in ice, and whisk custard occasionally until completely cool (about 30 minutes).
3. Spoon ½ cup custard into each of 8 (5-oz.) cups or glasses. Top each with 1 to 2 Tbsp. whipped topping, filling completely. Scrape top with a knife to level whipped topping. Garnish, if desired.

Note: To make ahead, pour cooled custard into a gallon-size zip-top plastic bag, gently pressing out excess air (to prevent a film from forming). Seal bag, and chill up to 24 hours. To serve, snip off 1 corner of bag, and pipe custard into serving cups.

Note: For testing purposes only, we used Nabisco 100 Calorie Packs Lorna Doone Shortbread Cookie Crisps. •

Per ½-cup serving: Calories 233, Fat 3.5g (sat 2.1g, mono 1g, poly 0.3g), Protein 7gg, Carb 41.1g, Fiber 0.2g, Chol 63.4mg, Iron 0.5mg, Sodium 136mg, Calc 233mg

Healthy Benefits

- Coffee is one of the best sources of disease-fighting antioxidants.
- Many studies reveal that drinking coffee on a regular basis reduces the risk of Parkinson's disease by 80%, colon cancer by 25%, and diabetes by up to 50%.

a purefect idea

Now Kraft 2% Milk Natural Cheese is made with milk from cows with no added growth hormones.*

Any way you shred, crumble, or slice it, it all adds up to pure taste.



pure **KRAFT**



*The FDA has stated that no significant difference has been shown between milk from rBST-treated and untreated cows.

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Food

The subtle herb flavor of Rosemary Grilled Chicken Thighs makes them the perfect partner for Sautéed Garlic Spinach and Southern-style Two-Cheese Grits.





For a printable grocery list to help with menu planning and shopping: southernliving.com/easymeals

A Week of Easy Meals

Any season can be hectic, so use our budget-friendly recipe plan to save time, money, and decision-making. Healthful, fresh ingredients transform simple recipes into down-home goodness. You'll grill one night for a trio of fast suppers and use the oven to round out the week.

By **Natalie Kelly Brown**, photography **Jennifer Davick**, styling **Lisa Powell Bailey**, recipe development **Rebecca Kracke Gordon**



Tender boneless top sirloin steak gives Greek-Style Beef and Vegetables maximum taste with minimal effort. Use a large wooden cutting board for slicing and serving the entrée. Grilled squash and onions layered over couscous (a tiny pasta that's ready in minutes) adds great smoky flavor.

Greek-Style Beef and Vegetables

MAKES 4 SERVINGS, PREP: 20 MIN., GRILL: 14 MIN., STAND: 10 MIN.

This recipe calls for you to grill twice as much meat as you will need, so save half for Orange Beef Pasta to serve later in the week.

2 lb. (1-inch-thick) boneless top sirloin steak

3 Tbsp. olive oil, divided

2 tsp. kosher salt, divided

1 tsp. freshly ground pepper, divided

6 medium-size yellow squash, cut in half

1 red onion, cut into 1/2-inch-thick slices

1 lemon, cut in half

1 (10-oz.) box plain couscous

1/2 (4-oz.) package crumbled feta cheese

Chunky Cucumber-Mint Sauce

1. Preheat grill to 350° to 400° (medium-high). Rub steak with 1 Tbsp. oil, 1 1/2 tsp. kosher salt, and 1/4 tsp. pepper.

2. Brush squash and onion with remaining 2 Tbsp. oil; sprinkle with remaining 1/2 tsp. kosher salt and 1/4 tsp. pepper.

3. Grill steak and vegetables, covered with grill lid, over 350° to 400° (medium-high) heat 5 to 7 minutes on each side or until steak reaches desired degree of doneness and vegetables are tender. Remove steak and vegetables from grill; squeeze juice from lemon over steak and vegetables.

Cover steak and vegetables with aluminum foil, and let stand 10 minutes.

4. Meanwhile, prepare couscous according to package directions.

5. Cut steak across the grain into thin slices. Cover and chill half of sliced steak (about 1 lb.) up to 2 days. Top couscous with vegetables; sprinkle with feta cheese. Serve with remaining half of steak and Chunky Cucumber-Mint Sauce.

Chunky Cucumber-Mint Sauce: Stir together 1 cup plain yogurt; 3 Tbsp. sour cream; 1 small peeled, seeded, and chopped cucumber; 4 tsp. chopped fresh mint; and salt and pepper to taste. Makes about 1 1/2 cups; Prep: 10 min.

Rosemary Grilled Chicken Thighs

MAKES 4 TO 6 SERVINGS; PREP: 10 MIN.

CHILL: 1 HR., GRILL: 14 MIN., STAND: 10 MIN.

For a tasty alternative, try these with our quick Honey Mustard Sauce.

1 garlic clove, pressed

1 Tbsp. olive oil

2 Tbsp. Dijon mustard

2 Tbsp. honey

1 tsp. salt

1 tsp. chopped fresh rosemary*

1/2 tsp. pepper

1 1/2 lb. skinned and boned chicken thighs**

1/2 lemon

Sautéed Garlic Spinach

Two-Cheese Grits

1. Combine garlic and next 6 ingredients in a large heavy-duty zip-top plastic bag, squeezing bag to combine ingredients. Add chicken, turning to coat, and seal bag. Chill 1 to 24 hours.

2. Preheat grill to 350° to 400° (medium-high). Remove chicken from marinade, discarding marinade.

3. Grill chicken, covered with grill lid, over 350° to 400° (medium-high) heat 5 to 7 minutes on each side. Transfer chicken to a large piece of aluminum foil. Squeeze juice from lemon over chicken; fold foil around chicken, covering chicken completely. Let stand 10 minutes. Serve with Sautéed Garlic Spinach and Two-Cheese Grits.

**Fresh thyme, cilantro, or oregano may be substituted.*

***1 1/2 lb. skinned and boned chicken breasts may be substituted.*

Rosemary Grilled Pork Tenderloin:

Omit chicken thighs. Substitute 2 lb. pork tenderloin and grill as directed 8 to 10 minutes on each side. Proceed with recipe as directed. Prep: 10 min., Chill: 1 hr., Grill: 20 min., Stand: 10 min.

Sautéed Garlic Spinach: Heat 1 tsp. olive oil in a nonstick skillet over medium-high heat. Sauté 1 pressed garlic clove in hot oil 30 seconds. Add 1 (10-oz.) bag fresh spinach, thoroughly washed, to skillet, and cook 2 to 3 minutes or until spinach is wilted. Sprinkle with salt and pepper to taste. Serve spinach with slotted spoon or tongs. Makes 4 servings; Prep: 5 min., Cook: 4 min.

Two-Cheese Grits: Bring 4 cups water and 1 tsp. salt to a boil in a 3-qt. saucepan. Whisk in 1 cup uncooked quick-cooking grits; reduce heat to medium-low, and cook 5 to 6 minutes or until tender. Remove from heat, and stir in 1 cup (4 oz.) shredded Cheddar cheese, 1/2 cup (2 oz.) shredded Parmesan cheese, and 2 Tbsp. butter. Sprinkle with pepper to taste. Makes 4 servings; Prep: 5 min., Cook: 10 min.

Honey Mustard Sauce: Stir together 1/2 cup mayonnaise, 2 Tbsp. Dijon mustard, and 2 Tbsp. honey. Makes about 3/4 cup; Prep: 5 min.

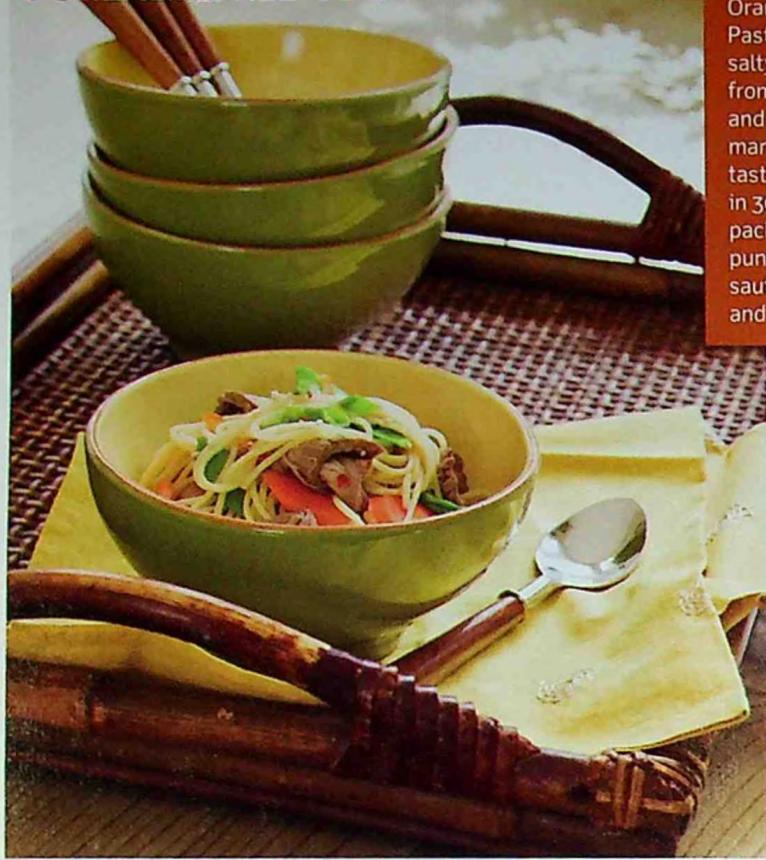
► turn to page 118



THE WAY TEA
SHOULD TASTE.

Savor the home brewed taste of Gold Peak.





Orange Beef Pasta delivers a salty-sweet zing from soy sauce and orange marmalade. This tasty meal, ready in 30 minutes, packs a nutritious punch with lightly sautéed carrots and snow peas.

Orange Beef Pasta

MAKES 4 TO 6 SERVINGS; PREP: 15 MIN., COOK: 5 MIN.

Measure all ingredients before you begin cooking for the very best results.

1/2 (16-oz.) package vermicelli
1 Tbsp. vegetable oil
2 carrots, cut into 1/4-inch slices
1 1/2 cups snow peas, trimmed
1 (14-oz.) can beef broth
1/4 cup soy sauce
1/4 cup orange marmalade
1/4 tsp. dried crushed red pepper
1 lb. cooked, sliced Greek-Style Beef (see page 116)

Toppings: sliced green onions, toasted sesame seeds

1. Prepare pasta according to package directions.
2. Heat oil in a Dutch oven over medium-high heat. Add carrots and snow peas, and stir-fry 4 to 5 minutes or until crisp-tender. Stir in beef broth and next 3 ingredients.
3. Bring to a boil. Remove from heat; add Greek-Style Beef and hot cooked pasta; toss well to combine. Serve immediately with desired toppings.

Parmesan Chicken Thighs

MAKES 4 TO 6 SERVINGS; PREP: 25 MIN., COOK: 12 MIN., BAKE: 20 MIN.

2 large eggs
1 1/2 lb. skinned and boned chicken thighs
1 1/2 tsp. kosher salt*
1 tsp. freshly ground pepper
1 cup Italian-seasoned breadcrumbs
1/2 cup vegetable oil
1 (24-oz.) jar marinara sauce
1/2 cup (2 oz.) shredded Parmesan cheese
1/2 (16-oz.) package vermicelli
3 Tbsp. butter
1 Tbsp. chopped fresh parsley
Tangy Feta Dressing Over Iceberg

1. Preheat oven to 375°. Whisk together eggs and 2 Tbsp. water.
2. Sprinkle chicken with salt and pepper. Dredge in breadcrumbs; dip in egg mixture, and dredge again in breadcrumbs.
3. Cook chicken, in batches, in hot oil in a 12-inch heavy skillet over medium heat 2 to 3 minutes on each side or until golden brown.
4. Arrange chicken in a lightly greased 13- x 9-inch baking dish.
5. Spoon marinara sauce over chicken,

and sprinkle with Parmesan cheese.

6. Bake at 375° for 15 to 20 minutes or until cheese is melted and a meat thermometer inserted into thickest portion of chicken registers 170°.

7. Meanwhile, prepare pasta according to package directions. Toss hot cooked pasta with butter and parsley. Serve chicken over pasta with Tangy Feta Dressing Over Iceberg.

*1 tsp. table salt may be substituted.

Tangy Feta Dressing Over Iceberg

Stir together 1/2 cup mayonnaise, 1/2 (4-oz.) package crumbled feta cheese, 2 Tbsp. chopped fresh parsley, and 1 to 2 Tbsp. fresh lemon juice. Stir in pepper to taste. Spoon dressing over 5 cups shredded iceberg lettuce. Makes 4 servings; Prep: 10 min.

Chili-Cheeseburger Mac-and-Cheese

MAKES 4 SERVINGS; PREP: 10 MIN., COOK: 18 MIN.

At the tasting table, this delicious recipe was our hands-down favorite over a boxed hamburger meal.

1 (12-oz.) box shells and cheese

1 lb. ground beef

1 tsp. chili powder

1/4 tsp. cumin

1/4 tsp. salt

1 (15-oz.) can kidney beans, rinsed and drained

1 (14.5-oz.) can diced tomatoes with mild green chiles

2 Tbsp. chopped fresh parsley

1. Prepare shells and cheese according to package directions.

2. Meanwhile, brown beef in a 12-inch (2 1/2-inch-deep) nonstick skillet or Dutch oven over medium-high heat, stirring often, 8 minutes or until no longer pink; drain and rinse under hot running water. Return beef to skillet; stir in chili powder, cumin, and salt. Cook 2 minutes. Add beans, tomatoes, and 1/4 cup water. Cook 5 to 8 minutes or until most of liquid has evaporated.

3. Stir prepared pasta into beef mixture, and sprinkle with chopped fresh parsley. Serve immediately.

Note: For testing purposes only, we used Velveeta Shells & Cheese Original and Delmonte Diced Tomatoes with Zesty Mild Green Chilies. ■

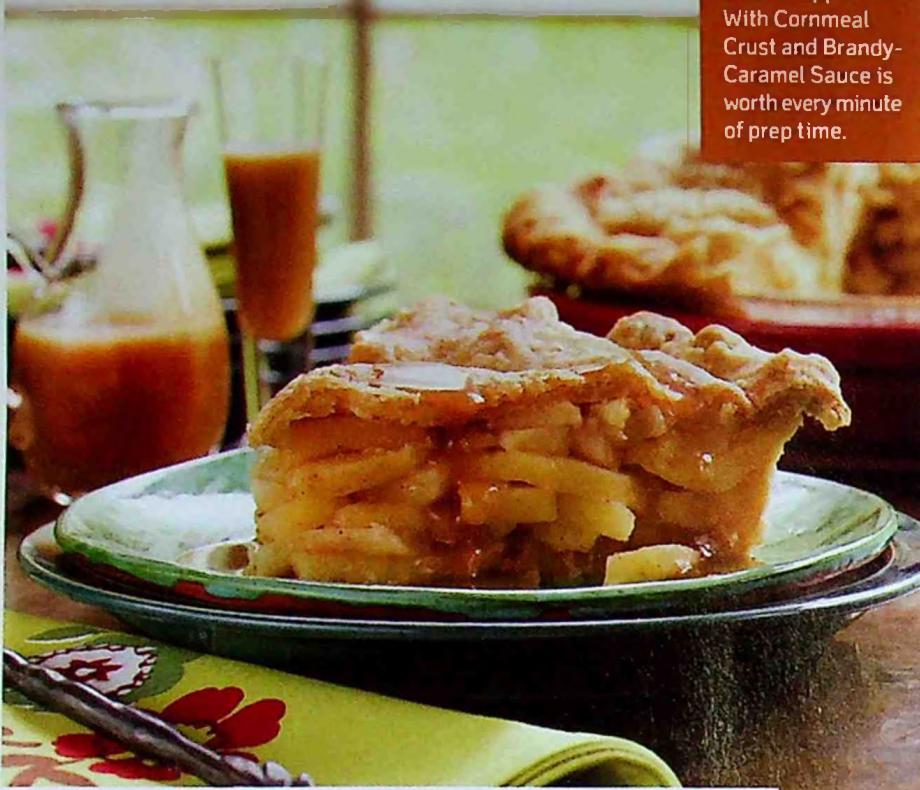
DO-IT-YOURSELF DELICIOUS.



got milk?

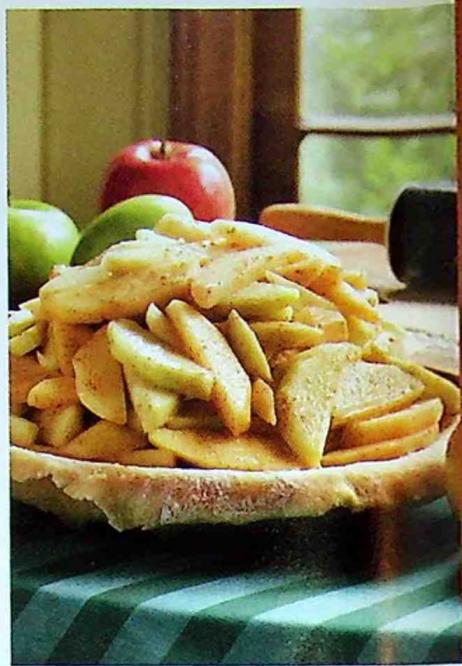
Introducing sugar free JELL-O Pudding Singles. An 80 calorie snack you make with fat free milk. Also available in Regular.

EVERY DIET NEEDS A LITTLE WIGGLE ROOM.



Double Apple Pie With Cornmeal Crust and Brandy-Caramel Sauce is worth every minute of prep time.

• TIPS •



Yes, we did use 4½ pounds of apples! Use your fingers to position wedges tightly together as you form a tall stack of the fruit.

Best-Ever Apple Pie

You have to try it, and we're revealing all our tricks to help you succeed. You'll make a tall tower of fall's favorite fruit—apples—in a crust we promise is great. I'm even divulging my mom's closely guarded, secret piecrust-making method for the first time. Plan ahead to cozy up in your kitchen, bake, and anticipate. We think you'll adore each forkful of this top-rated apple pie.

By Shirley Harrington

Double Apple Pie With Cornmeal Crust

MAKES 8 SERVINGS; PREP: 30 MIN.; STAND: 30 MIN., BAKE: 1 HR., 20 MIN.; COOL: 1 HR., 30 MIN.

Don't skip the apple jelly—it makes the baked pie juices taste rich. It also decreases the cloudiness that sometimes occurs with a flour-thickened apple pie filling.

2½ lb. Granny Smith apples

2½ lb. Braeburn apples

¼ cup all-purpose flour

2 Tbsp. apple jelly

1 Tbsp. fresh lemon juice

½ tsp. ground cinnamon

¼ tsp. salt

¼ tsp. ground nutmeg

½ cup sugar

Cornmeal Crust Dough

Wax paper

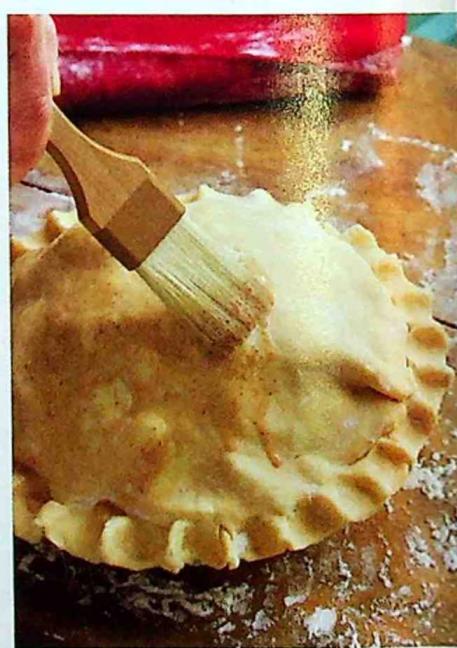
3 Tbsp. sugar

1 Tbsp. butter, cut into pieces

1 tsp. sugar

Brandy-Caramel Sauce

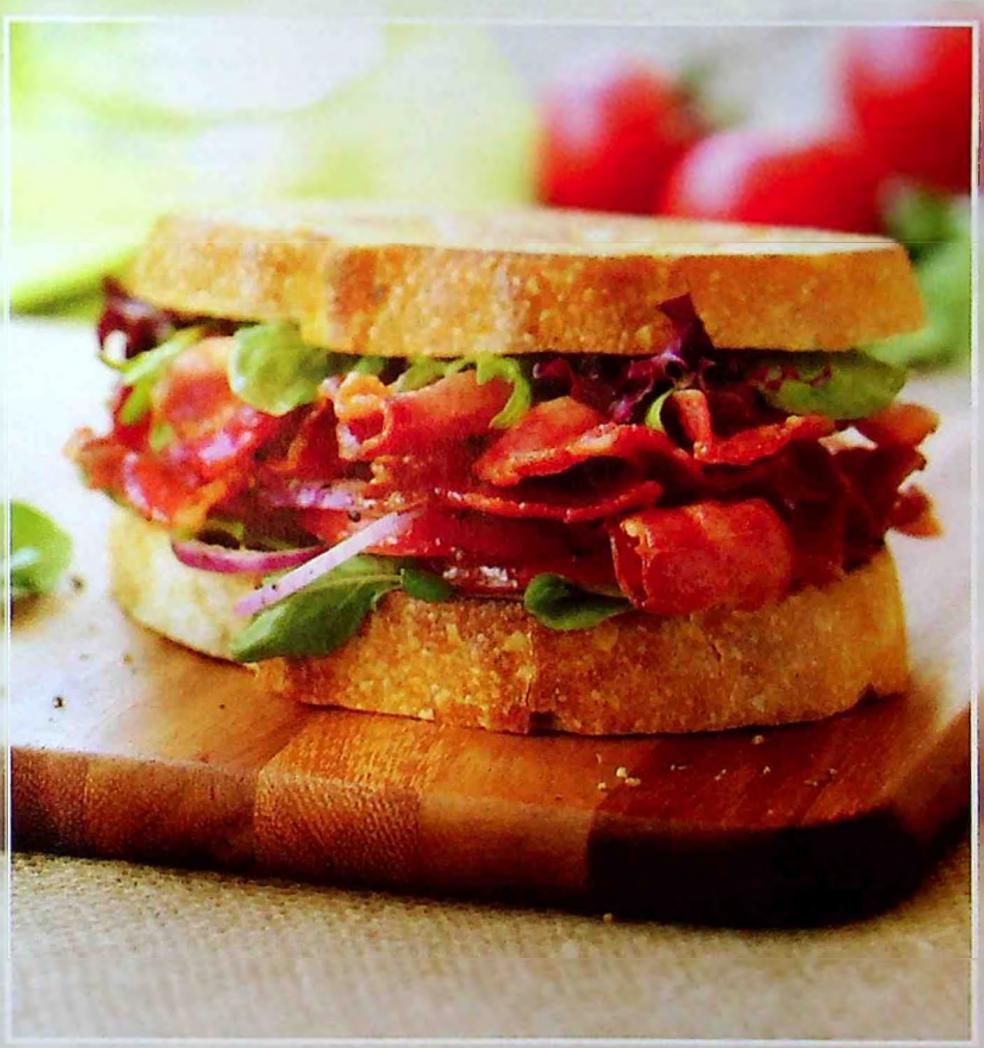
1. Preheat oven to 425°. Peel and core apples; cut into ½-inch-thick wedges. Place apples in a large bowl. Stir in next 7 ingredients. Let stand 30 minutes, gently stirring occasionally.
2. Place 1 Cornmeal Crust Dough disk



Instead of brushing the top crust with beaten egg white or yolk or dusting it with flour, we used 1 Tbsp. of the juices that remain in the bottom of the bowl the apple mixture was in. Not only does this carry the filling flavor to the top crust, but it also gives the pie a beautiful finish.

THEY DON'T MAKE BACON
LIKE THEY USED TO. **BUT WE DO.**

Smithfield.



Smithfield tastes better because
it's still naturally hickory smoked.



TIP

"I'm sold on the no-stir method for flaky piecrust that Shirley's mother uses," says Test Kitchens Professional Pam Lolley. (See Cornmeal Crust Dough recipe.) This "mound, moisten, move, and gather" technique prevents flattening the small pieces of butter and shortening that were cut into the flour. Instead the pieces remain plump and "fry" the flour surrounding them as the pie bakes. They disappear, leaving behind flaky layers.



on a lightly floured piece of wax paper; sprinkle dough lightly with flour. Top with another sheet of wax paper. Roll dough to about $\frac{1}{8}$ -inch thickness (about 11 inches wide).

3. Remove and discard top sheet of wax paper. Starting at 1 edge of dough, wrap dough around rolling pin, separating dough from bottom sheet of wax paper as you roll. Discard bottom sheet of wax paper. Place rolling pin over a 9-inch glass pie plate, and unroll dough over pie plate. Gently press dough into pie plate.

4. Stir apple mixture; reserve 1 Tbsp. juices. Spoon apples into crust, packing tightly and mounding in center. Pour remaining juices in bowl over apples. Sprinkle apples with 3 Tbsp. sugar; dot with butter.

5. Roll remaining Cornmeal Crust Dough disk as directed in Step 2, rolling dough to about $\frac{1}{8}$ -inch thickness (13 inches wide). Remove and discard wax paper, and place dough over filling; fold edges under, sealing to bottom crust, and crimp. Brush

top of pie, excluding fluted edges, lightly with reserved 1 Tbsp. juices from apples; sprinkle with 1 tsp. sugar. Place pie on a jelly-roll pan. Cut 4 to 5 slits in top of pie for steam to escape.

6. Bake at 425° on lower oven rack 15 minutes. Reduce oven temperature to 350°; transfer pie to middle oven rack, and bake 35 minutes. Cover loosely with aluminum foil to prevent excessive browning, and bake 30 more minutes or until juices are thick and bubbly, crust is golden brown, and apples are tender when pierced with a long wooden pick through slits in crust. Remove to a wire rack. Cool 1½ to 2 hours before serving. Serve with Brandy-Caramel Sauce.

Cornmeal Crust Dough:

MAKES 2 DOUGH DISKS; PREP: 15 MIN.,

CHILL: 1 HR.

For a flaky crust, make sure the butter and shortening are cold. Our Food staff loved the flavor the apple cider brings to the crust. (Ice-cold water may be substituted.)



2 1/3 cups all-purpose flour
1/4 cup plain yellow cornmeal
2 Tbsp. sugar
3/4 tsp. salt
3/4 cup cold butter, cut into 1/2-inch pieces
1/4 cup chilled shortening, cut into 1/2-inch pieces
8 to 10 Tbsp. chilled apple cider

1. Stir together first 4 ingredients in a large bowl. Cut butter and shortening into flour mixture with a pastry blender until mixture resembles small peas. Mound mixture on 1 side of bowl.
2. Drizzle 1 Tbsp. apple cider along edge of mixture in bowl. Using a fork, gently toss a small amount of flour mixture into cider just until dry ingredients are moistened; move mixture to other side of bowl. Repeat procedure with remaining cider and flour mixture.
3. Gently gather dough into two flat disks. Wrap in plastic wrap, and chill 1 to 24 hours.

—CRUST INSPIRED BY SANDRA RUSSELL,
ORANGE PARK, FLORIDA

Need a Shortcut?

Quick Cornmeal Crusts: Unroll 1 (15-oz.) package refrigerated piecrusts as directed; place each piecrust on a surface lightly sprinkled with plain yellow cornmeal. Sprinkle top of crusts with additional cornmeal. Using a rolling pin, press cornmeal into crusts. Use immediately. Makes 2 crusts. Prep: 10 min.

Fast Caramel Sauce: Stir together 1 (19-oz.) jar butterscotch-caramel topping, 2 Tbsp. brandy, and 1/8 tsp. salt in a microwave-safe bowl. Microwave at HIGH 1 1/2 minutes or until warm, stirring at 30-second intervals. Serve immediately. Makes about 2 1/4 cups. Prep: 5 min.

Note: For testing purposes only, we used Smucker's Special Recipe Butterscotch Caramel Flavor Topping.

Brandy-Caramel Sauce:

MAKES ABOUT 2 CUPS; PREP: 5 MIN..

COOK: 5 MIN., COOL: 10 MIN.

We suggest using the full amount of butter in this sauce, although half of our tasting table thought it was fine with 2 Tbsp.

1 cup whipping cream

1 1/2 cups firmly packed brown sugar

2 Tbsp. to 1/4 cup butter

2 Tbsp. brandy*

1 tsp. vanilla extract

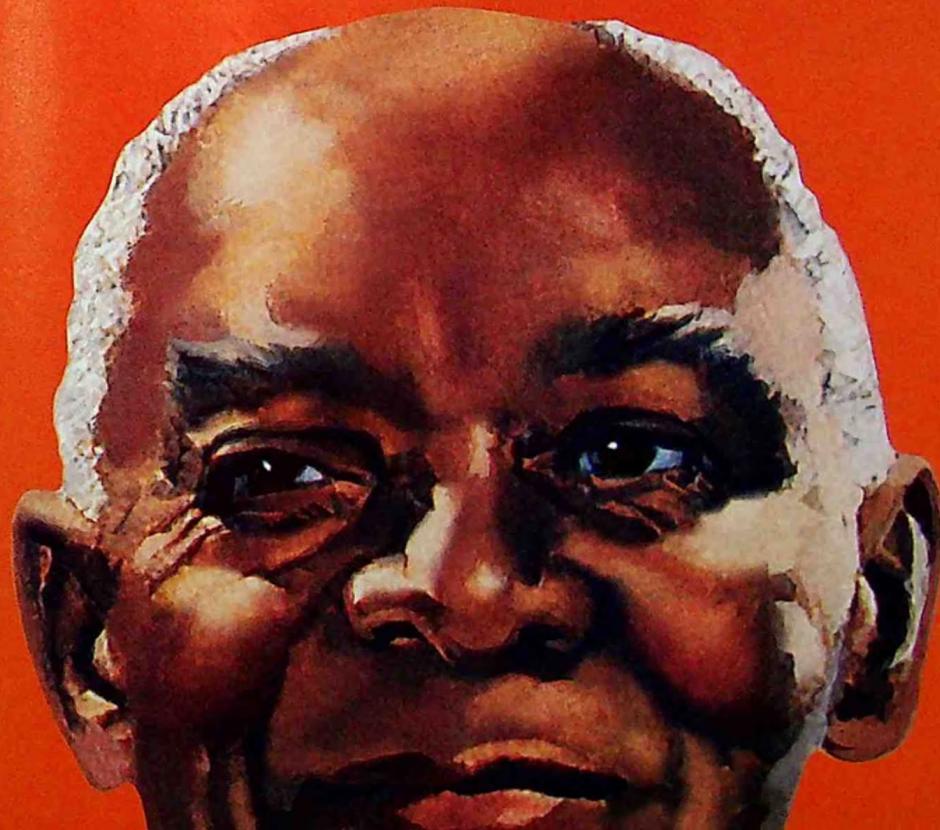
1. Bring whipping cream to a light boil in a

large saucepan over medium heat, stirring occasionally. Add sugar, and cook, stirring occasionally, 4 to 5 minutes or until sugar is dissolved and mixture is smooth. Remove from heat, and stir in butter, brandy, and vanilla. Let cool 10 minutes.

*Apple cider may be substituted.

Note: To make ahead, prepare recipe as directed. Store in an airtight container in refrigerator up to 1 week. To reheat, let stand at room temperature 30 minutes. Place mixture in a microwave-safe bowl, and microwave at HIGH 1 minute, stirring after 30 seconds. •

unclebens.com





Shredded potatoes make Sunny Skillet Breakfast a meal in one. Choose the bake-time range that suits your desired degree of doneness for the eggs. Try this recipe for supper too.

2 Tbsp. vegetable oil
1 small red bell pepper, diced
1 medium onion, diced
1 garlic clove, pressed
3/4 tsp. salt, divided
6 large eggs
1/4 tsp. pepper

1. Preheat oven to 350°. Place shredded potatoes in a large bowl; add cold water to cover. Let stand 5 minutes; drain and pat dry.
2. Melt butter with oil in a 10-inch cast-iron skillet over medium heat. Add bell pepper and onion, and sauté 3 to 5 minutes or until tender. Add garlic; sauté 1 minute. Stir in shredded potatoes and 1/2 tsp. salt; cook, stirring often, 10 minutes or until potatoes are golden and tender.
3. Remove from heat. Make 6 indentations in potato mixture, using back of a spoon. Break 1 egg into each indentation. Sprinkle eggs with pepper and remaining 1/4 tsp salt.
4. Bake at 350° for 12 to 14 minutes or until eggs are set. Serve immediately.

*3 cups firmly packed frozen shredded potatoes may be substituted, omitting Step 1.

Veggie Confetti Frittata: Prepare recipe as directed through Step 2, sautéing 1/2 (8-oz.) package sliced fresh mushrooms with bell peppers and onion. Remove from heat, and stir in 1/4 cup sliced ripe black olives, drained, and 1/4 cup thinly sliced sun-dried tomatoes in oil, drained. Whisk together eggs, pepper, and remaining 1/4 tsp. salt; whisk in 1/2 cup (2 oz.) shredded Swiss cheese. Pour egg mixture over potato mixture in skillet. Bake at 350° for 9 to 10 minutes or until set. Cut into wedges, and serve immediately. Makes 6 servings. Prep: 20 min., Stand: 5 min., Cook: 16 min., Bake: 10 min.

Farmhouse Breakfast

Start with these classics for a relaxed weekend with company or a quiet morning with family. By **Shannon Sliter Satterwhite**

You don't have to spend hours in the kitchen to make a great breakfast. Here are some easy-to-prepare dishes (mostly from scratch) that satisfy your craving for fresh ingredients and hearty flavor. Plus we've included a few shortcuts along the way. Our favorite find? Frozen biscuits. They taste nearly as good as grandma's, minus all the work. Just pop them in the oven, bake until fluffy and golden, and smother them with homemade Easy Redeye Gravy.

total time
50 minutes

Sunny Skillet Breakfast

MAKES 6 SERVINGS; PREP: 15 MIN.

STAND: 5 MIN., COOK: 16 MIN., BAKE: 14 MIN.
Soaking the shredded potatoes in cold water keeps them from turning gray before cooking. It also rinses off some of the starch. Drain and pat them dry, so they won't stick to the cast-iron skillet.

3 (8-oz.) baking potatoes, peeled and shredded (about 3 cups firmly packed)*

1 Tbsp. butter

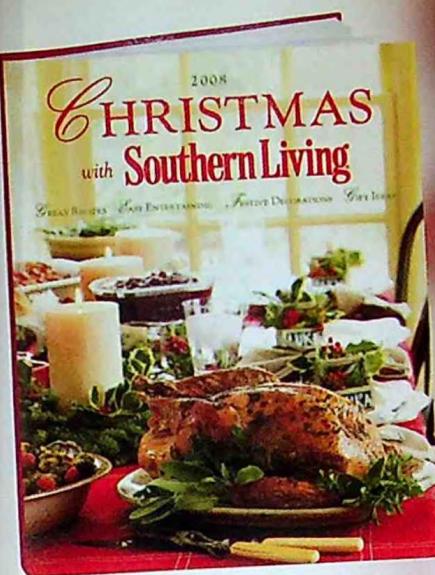
total time
45 minutes

Pecan Sugared Bacon

MAKES 6 SERVINGS; PREP: 15 MIN., BAKE: 25 MIN., STAND: 5 MIN.

2 Tbsp. coarsely chopped pecans
2 Tbsp. brown sugar
1 1/2 tsp. freshly ground pepper
12 thick-cut bacon slices

1. Preheat oven to 400°. Process pecans in a food processor 20 seconds or until finely chopped. Stir together pecans, brown sugar, and pepper.
2. Place half of bacon in a single layer on a lightly greased wire rack in an aluminum



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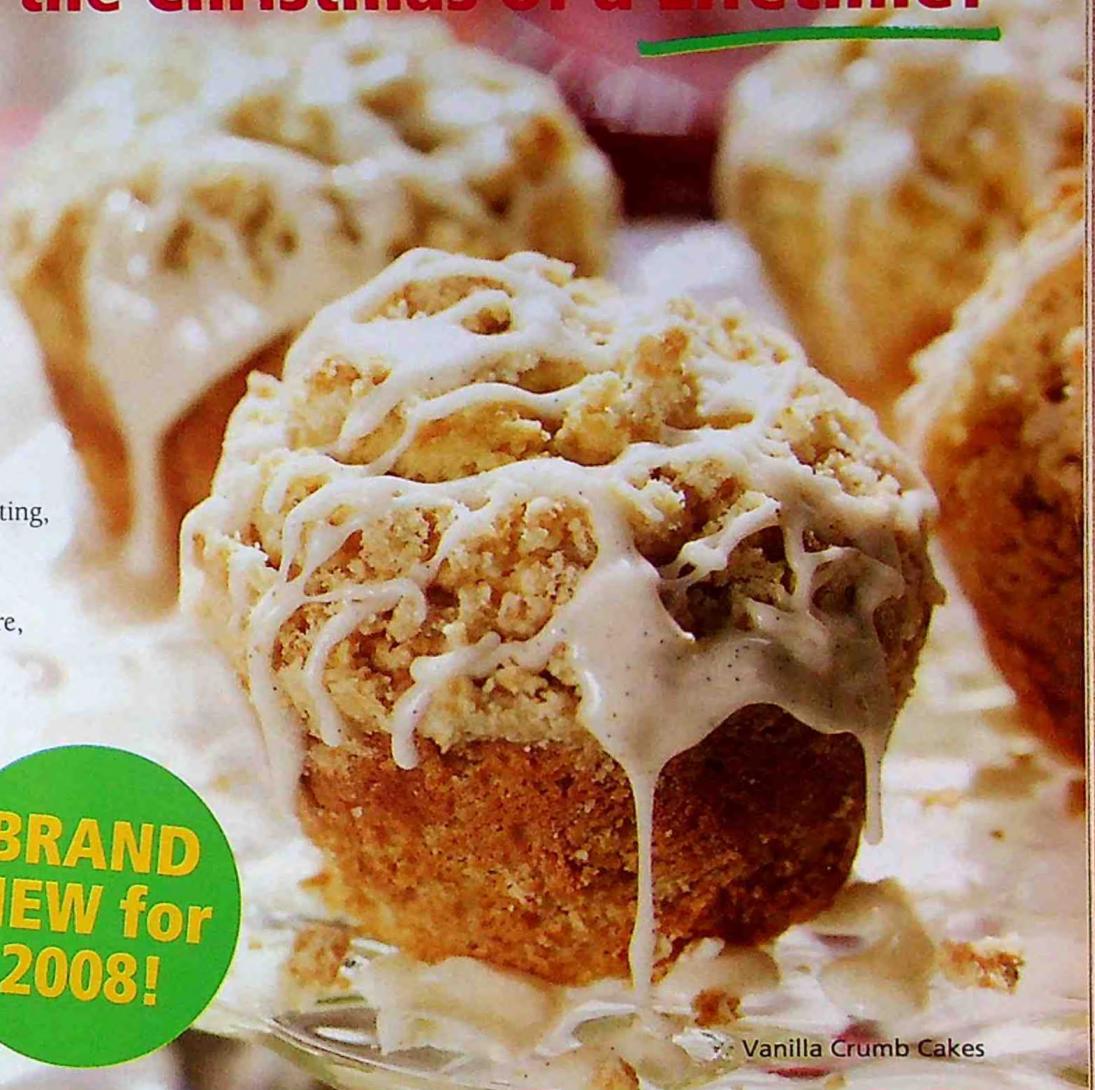
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LEFT: Pecan-Sugared Bacon received our Food staff's highest rating. Freshly ground pepper gives it an extra bite. RIGHT: Serve Warm Ginger-Pear Topping over waffles, pancakes, fresh-from-the-oven biscuits, and even ice cream.



foil-lined baking sheet. Repeat procedure with remaining bacon, placing on another lightly greased wire rack in a second foil-lined baking sheet. Press pecan mixture on top of bacon slices, coating well.

3. Bake at 400° for 22 to 25 minutes or until browned and crisp. Let stand 5 minutes.

Warm Ginger-Pear Topping

MAKES 4 TO 6 SERVINGS:

PREP: 15 MIN., COOK: 13 MIN.

Your cook time may vary depending on the ripeness of the fruit—the riper the fruit, the shorter the cook time.

1/3 cup firmly packed brown sugar

1 tsp. cornstarch

4 Anjou pears, peeled and coarsely chopped

1/2 tsp. ground ginger

1/2 tsp. lemon juice

1/4 tsp. almond extract

1 Tbsp. butter

1. Stir together sugar and cornstarch in a medium skillet. Add pears and next 3 ingredients, and bring to a boil over medium-high heat, stirring constantly. Boil 1 min-

ute; reduce heat to medium-low, and simmer, stirring often, 8 to 12 minutes or until pears are tender. Stir in butter.

Warm Cinnamon-Apple Topping:

Substitute 4 peeled and coarsely chopped *Granny Smith* apples for pears, 1/2 tsp. ground cinnamon and 1/4 tsp. ground nutmeg for ground ginger, and 1/2 tsp. vanilla extract for 1/4 tsp. almond extract. Proceed with recipe as directed.

Warm Two-Berry Topping: Substitute granulated sugar for brown sugar, 1 1/2 cups each of frozen cranberries and frozen blueberries for pears, and 1/2 tsp. vanilla extract for 1/4 tsp. almond extract. Omit ginger and cornstarch. Proceed with recipe as directed, simmering berries 7 minutes or until thickened. Makes 4 to 6 servings. Prep: 15 min., Cook: 8 min.

total time
28
minutes

Easy Redeye Gravy

MAKES 6 SERVINGS:

PREP: 10 MIN., COOK: 10 MIN.

This recipe was a special treat for reader Melody Lee during childhood visits to her grandmother's farm.

6 frozen biscuits

2 Tbsp. butter

6 biscuit-size country ham slices

1 Tbsp. all-purpose flour

1 cup strong brewed coffee

1 1/4 Tbsp. brown sugar

1/8 to 1/4 tsp. salt

1/8 tsp. freshly ground pepper

1/4 tsp. hot sauce (optional)

1. Prepare frozen biscuits according to package directions.
2. Meanwhile, melt butter in large skillet over medium-high heat. Add ham, and cook 3 minutes on each side or until lightly browned; remove ham.
3. Add flour to skillet; cook, whisking constantly, 1 minute. Add brewed coffee, brown sugar, and 1/2 cup water. Cook, whisking constantly, 3 minutes or until thickened; return ham slices to skillet. Stir in salt, pepper, and, if desired, hot sauce.
4. Split warm biscuits in half. Top bottom halves with ham slices. Pour gravy over ham; cover with remaining biscuit halves. Serve immediately.

—MELODY LEE, DOTHAN, ALABAMA

Note: For testing purposes only, we used *White Lily Southern Style and Buttermilk Frozen Biscuit Dough*. ■

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Jammin' Jambalaya

Awaken your taste buds with Creole-inspired recipes that are just right for a weeknight. Your family will love them too!

By Natalie Kelly Brown

JoAnn's Jambalaya

MAKES 6 SERVINGS; PREP: 15 MIN., COOK: 35 MIN.

Reduce the heat by substituting your favorite smoked sausage for the andouille.

1 lb. andouille sausage, cut into $\frac{1}{4}$ -inch-thick slices

1 (10-oz.) package frozen vegetable seasoning blend

1 (32-oz.) container low-sodium chicken broth

1 (14.5-oz.) can fire-roasted diced tomatoes with garlic

2 cups uncooked long-grain rice

2 Tbsp. chopped fresh parsley

1 tsp. Cajun seasoning

2 tsp. Worcestershire sauce

$\frac{1}{8}$ tsp. ground red pepper (optional)

2 Tbsp. thinly sliced green onions

1. Cook sausage in a large Dutch oven over medium-high heat, stirring frequently, 8 to 10 minutes or until browned. Remove sausage with a slotted spoon; drain on paper towels.

2. Add vegetable seasoning blend to hot drippings in Dutch oven, and sauté 3 to 5 minutes or until thoroughly heated. Add broth, next 5 ingredients, sausage, and if desired, ground red pepper. Bring to a boil; cover, reduce heat to low, and cook 18 to 20 minutes or until rice is tender and liquid is absorbed. Top with green onions, and serve immediately.

—INSPIRED BY JOANN LETO, TAMPA, FLORIDA

Note: For testing purposes only, we used McKenzie's Seasoning Blend frozen vegetables and Hunt's Fire Roasted Diced Tomatoes With Garlic.



Andouille sausage adds bold flavor to JoAnn's Jambalaya. Serve with hot, crusty bread for a delicious meal.

Bananas Foster Ice-Cream Pastry

MAKES 4 SERVINGS; PREP: 10 MIN., BAKE: 25 MIN., COOK: 5 MIN.

$\frac{1}{2}$ cup chopped pecans

1/2 (17.3-oz.) package frozen puff pastry sheets, thawed*

Parchment paper

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup firmly packed brown sugar

1 Tbsp. orange juice

1 tsp. vanilla extract

$\frac{1}{2}$ tsp. ground cinnamon

Pinch of salt

4 bananas, cut into $\frac{1}{3}$ -inch-thick slices

Vanilla ice cream

1. Preheat oven to 350° . Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring after 5 minutes. Remove from oven, and increase oven temperature to 400° .

2. Unfold 1 puff pastry sheet on a lightly floured surface. Roll into a 10-inch square, carefully smoothing creases. Cut into 4 (4- to 5-inch) circles using a cutter. Place on a parchment paper-lined baking sheet.

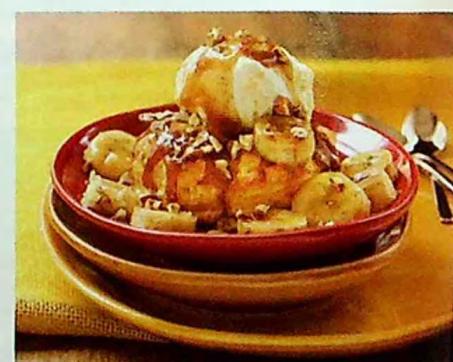
3. Bake at 400° for 10 to 15 minutes or until golden brown and puffed.

4. Heat butter and sugar in large nonstick skillet over low heat 2 minutes or until sugar is melted. Add orange juice, next 3 ingredients, and 1 Tbsp. water to skillet. Cook, whisking constantly, 2 minutes or until mixture is blended and smooth. Add bananas, and cook 1 minute.

5. Arrange pastry rounds on serving plates. Top each with about $\frac{1}{2}$ cup banana mixture and $\frac{1}{2}$ cup ice cream. Drizzle with any remaining sauce. Sprinkle with toasted pecans, and serve immediately. ●

—KATHRYN PULLIAM, MOBILE, ALABAMA

*Frozen puff pastry shells may be substituted for frozen puff pastry sheets.



Frozen puff pastry dough lends rich, buttery texture to Bananas Foster Ice-Cream Pastry.



PORK & INKBLOT TESTS

Remember those tests where you look at spilled ink on a page and say that it looks like a butterfly or an angel playing a banjo? Someone else looks at the same oil stain and sees Madagascar or a 1983 Honda Civic hatchback.

This may seem odd, but when I'm in the grocery store, I pick up a package of pork chops and stare at it. And every time, I see something different—Braised Garlic-Ginger Chops, Honey-Pecan Pork Cutlets, or Portobello Pork Chops. It just takes a little imagination.

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Ready Now: Eggplant

Produce stands are spilling over with this beautiful fruit. For years, it wasn't my favorite. Now I love it, and it's so easy to prepare. Slice, brush with oil, sprinkle with s & p, and grill. Add our delicious sweet and tart topping, and you'll find it irresistible too. **By Shirley Harrington**

Grilled Eggplant With Sweet Pepper-Tomato Topping

MAKES 3 MAIN-DISH OR 5 SIDE-DISH

SERVINGS: PREP: 10 MIN., GRILL: 6 MIN.

"Salting eggplant slices is a must," says Kristi Michele Crowe, PhD and our Test Kitchens food chemist. "Salt fools the taste buds into overlooking the slight bitterness of this fruit. When grilling slices, no stand time is necessary." (Eggplant casserole recipes usually call for slices to be placed on paper towels and salted to pull out moisture before baking.) Serve this dish with Italian bread for a meatless entrée or as a side to grilled chicken.

2 small eggplants (about 10 to 12 oz. each)*

2 Tbsp. olive oil

1 tsp. kosher salt

1/2 tsp. coarsely ground pepper

Sweet Pepper-Tomato Topping

1. Preheat grill to 400° to 450° (high).

2. Cut each eggplant lengthwise into 5 (1/2-inch-thick) slices. Brush both sides of eggplant with oil; sprinkle with salt and pepper.

3. Grill eggplant, covered with grill lid, over 400° to 450° (high) heat 2 to 3 minutes on each side or until lightly browned and slightly charred.

4. Serve immediately with Sweet Pepper-Tomato Topping.

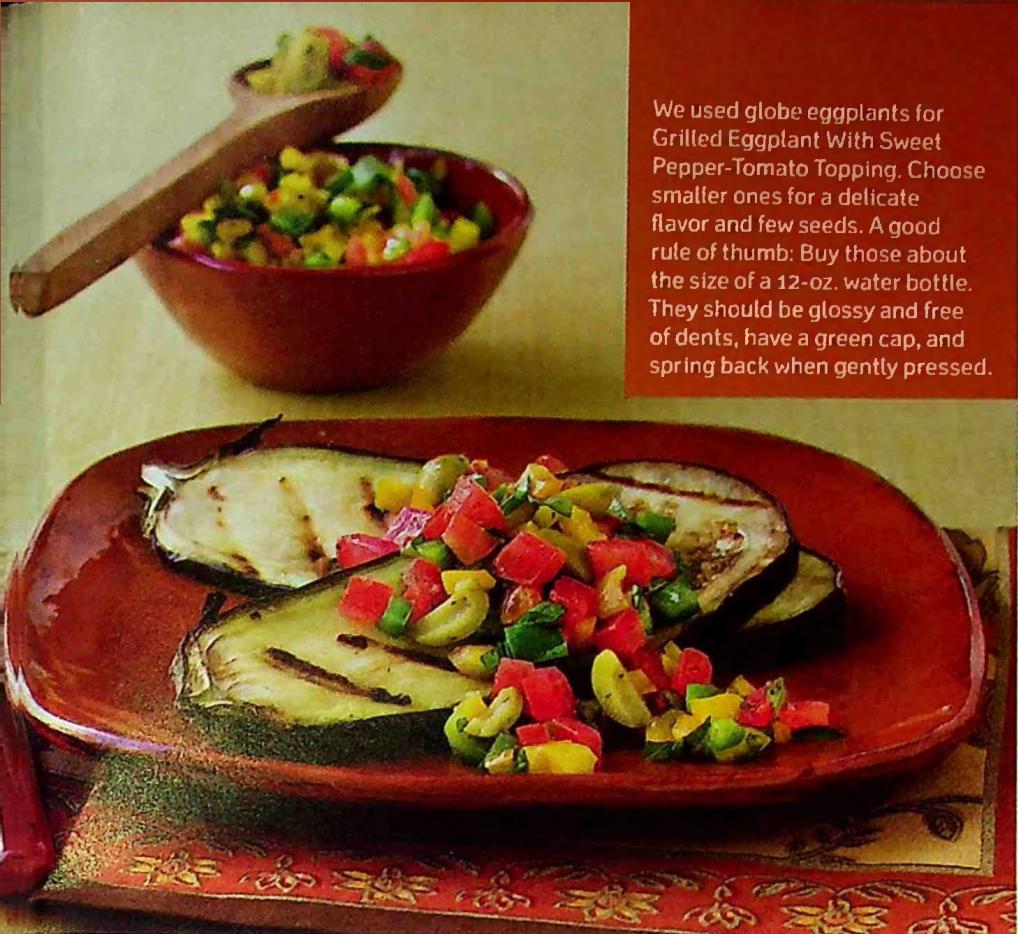
***4 Chinese eggplants or 6 Japanese eggplants (about 1 1/2 lb.), cut diagonally into 1/2-inch-thick slices, may be substituted.**

Bring Out the Best Flavor

Eggplants are very perishable, and there is a lot of discussion on whether or not to refrigerate them. We recommend storing in a cool, dry place such as on a countertop away from a range or window. Refrigeration often causes bitterness. Use within two days.

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calories?
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It's time to peel back the truth.



We used globe eggplants for Grilled Eggplant With Sweet Pepper-Tomato Topping. Choose smaller ones for a delicate flavor and few seeds. A good rule of thumb: Buy those about the size of a 12-oz. water bottle. They should be glossy and free of dents, have a green cap, and spring back when gently pressed.

Sweet Pepper-Tomato Topping:

MAKES ABOUT 3 CUPS; PREP: 15 MIN.,

STAND: 15 MIN.

This recipe is best when freshly made; however, you can cover and chill the mixture (without basil) up to two hours. Just know that the texture of the tomatoes will soften.

2 Tbsp. olive oil

1 Tbsp. white wine vinegar

1 tsp. salt

1/2 tsp. coarsely ground pepper

2 large tomatoes, seeded and chopped

1 yellow bell pepper, chopped

1 green bell pepper, chopped

4 green onions, sliced

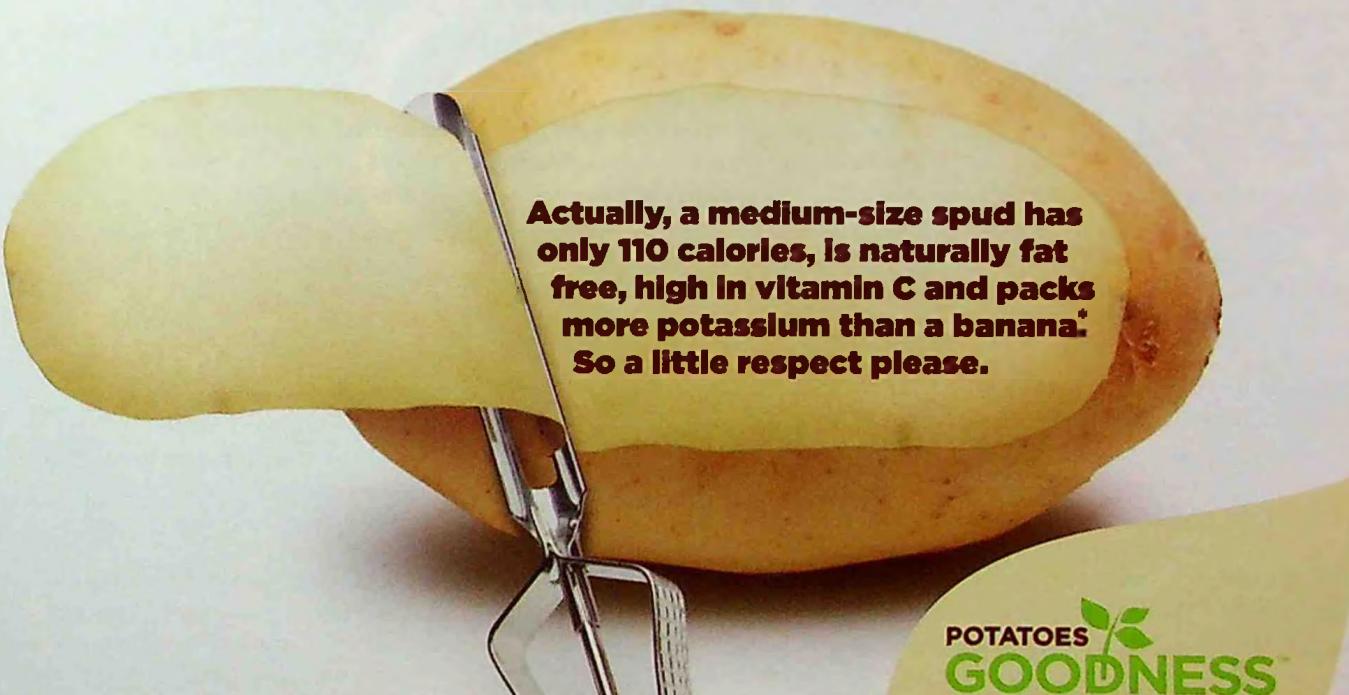
1/2 cup pitted Spanish olives, quartered

1/2 cup golden raisins, coarsely chopped

1/4 cup firmly packed fresh basil leaves, chopped

1. Stir together first 4 ingredients in a large bowl. Add tomatoes and next 5 ingredients, tossing gently to combine. Let stand 15 minutes. Gently stir in basil just before serving. ●

—INSPIRED BY LUCIANE GIAMPIETRO,
KINGSPORT, TENNESSEE



Actually, a medium-size spud has only 110 calories, is naturally fat free, high in vitamin C and packs more potassium than a banana.* So a little respect please.

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*Medium-size potato with skin.

Fresh Ideas For Shrimp

Make a quick stop by the seafood counter, and pick up a pound of shrimp. We'll show you six fast and flavorful ways to make it special.

By Mary Allen Perry

Marinated Lemon Shrimp and Artichokes

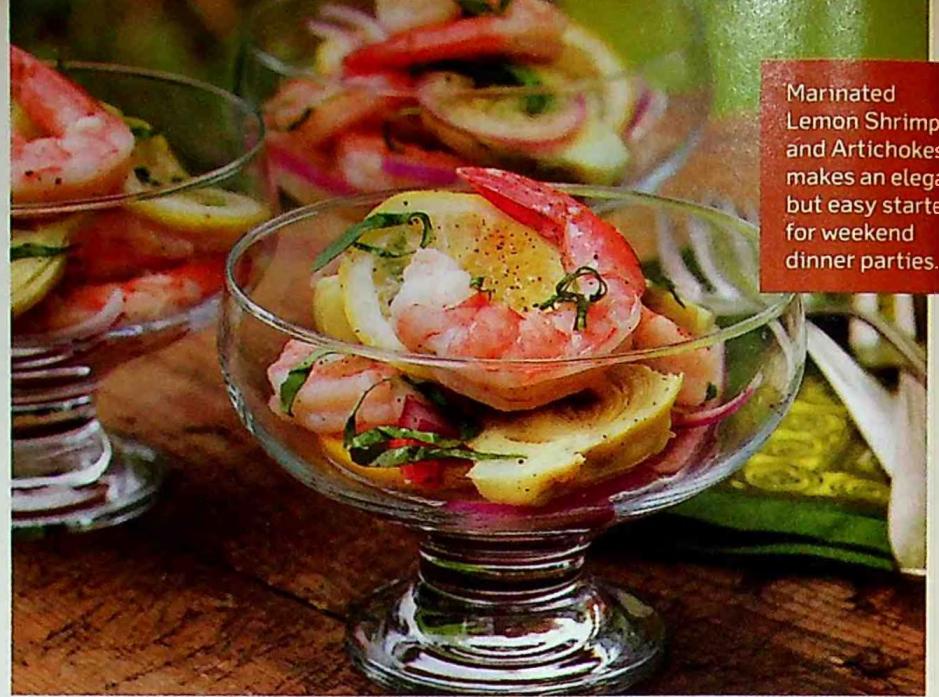
MAKES 4 SERVINGS; PREP: 25 MIN., COOK: 5 MIN., CHILL: 4 HR.

1 lb. unpeeled, large raw shrimp (31/40 count)
 1 (14-oz.) can whole artichoke hearts, drained
 3/4 cup white vinegar
 1/2 cup fresh lemon juice
 1/2 cup olive oil
 1/4 cup honey
 1 tsp. hot sauce
 1/2 tsp. salt
 1/2 tsp. freshly ground pepper
 1 small red onion, cut in half and sliced
 1 lemon, sliced
 Garnish: chopped fresh basil

1. Bring 2 qt. water to a boil in a Dutch oven; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink. Drain and rinse with cold water. Peel shrimp, leaving tails on; devein, if desired. Cut artichoke hearts in half.
2. Whisk together vinegar and next 6 ingredients in a large bowl. Pour mixture into a large zip-top plastic freezer bag;

Sizing Up Shrimp

When buying shrimp, check the label and you'll see a set of numbers divided by a slash, such as 16/20 or 51/60. These numbers refer to the count or number of shrimp per pound. While there are no regulations governing the use of such terms as "large" or "jumbo," stores are required to display the number of shrimp per pound, so we'll begin including the count with our recipes to use as a guideline. One location may label a 51/60 count shrimp as medium size, while another may label it as large and charge a premium price.



Marinated Lemon Shrimp and Artichokes makes an elegant but easy starter for weekend dinner parties.

add shrimp, artichoke hearts, onion, and lemon, turning to coat. Seal and chill 4 hours, turning occasionally. Drain mixture, discarding marinade. Place in serving bowls. Garnish, if desired.

Marinated Lemon Shrimp With Olives

Prepare recipe as directed, substituting 1 (5 1/4-oz.) jar pimiento-stuffed Spanish olives, drained, for 1 (14-oz.) can artichoke hearts. Omit garnish.

—KAY HOWE, PAIGE, TEXAS

Fig-and-Horseradish-Glazed Shrimp

MAKES 4 APPETIZER SERVINGS;

PREP: 15 MIN., COOK: 4 MIN.

If you're a fan of sweet-and-sour shrimp, you'll love this recipe. Serve with softened cream cheese and a crusty loaf of warm French bread for a short-order appetizer. Or stir in strips of sautéed bell pepper and onion and spoon over rice for a one-dish meal.

1 lb. unpeeled, large raw shrimp (31/40 count)
 3 Tbsp. butter
 1 Tbsp. olive oil
 2 garlic cloves, minced

1/2 cup fig or apricot preserves

2 Tbsp. refrigerated horseradish

2 tsp. Dijon mustard

1. Peel shrimp; devein, if desired.
2. Melt butter with oil in a large skillet over medium-high heat; add shrimp and garlic, and sauté 2 minutes. Increase heat to high; stir in fig preserves, horseradish, and mustard, and sauté 1 to 2 minutes or just until shrimp turn pink. Remove from heat, and serve immediately.

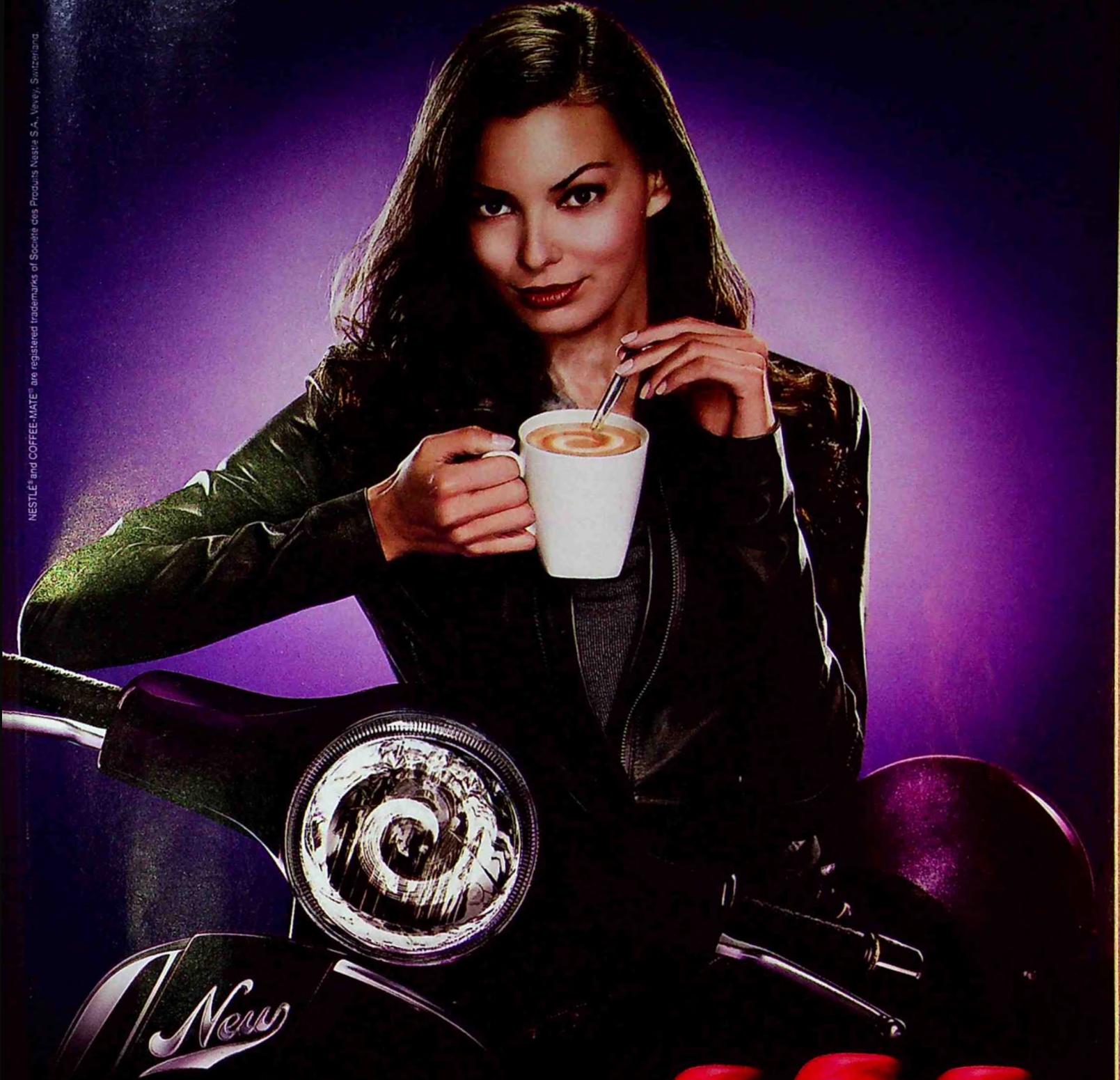
—BEVERLEY SIBERTSON,
 KINGSPORT, TENNESSEE

Shrimp and Collards

MAKES 4 SERVINGS; PREP: 30 MIN., COOK: 18 MIN., STAND: 4 MIN.

1 lb. unpeeled, medium-size raw shrimp (41/50 count)
 8 bacon slices
 1 (14-oz.) can chicken broth
 3 Tbsp. olive oil, divided
 1 1/3 cups uncooked couscous
 1/4 tsp. freshly ground pepper
 1 (16-oz.) package frozen chopped collard greens, thawed
 1 tsp. jarred ham-flavored soup base

1. Peel shrimp; devein, if desired.
2. Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon.
3. Bring chicken broth and 1 Tbsp. olive oil



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to a boil in a large saucepan over medium-high heat. Remove from heat, and stir in couscous; cover and let stand 4 minutes.

4. Meanwhile, sprinkle shrimp with pepper. Heat remaining 2 Tbsp. olive oil and reserved drippings over medium-high heat; add shrimp, collards, and soup base, and cook, stirring occasionally, 5 to 8 minutes or just until shrimp turn pink.

5. Fluff couscous with a fork. Stir couscous and crumbled bacon into shrimp mixture in skillet. Serve immediately.

—SUSAN SCARBOROUGH,
FERNANDINA BEACH, FLORIDA

Spicy Shrimp Spoon Bread

MAKES 8 SERVINGS; PREP: 25 MIN.,

COOK: 6 MIN., BAKE: 45 MIN.,

STAND: 10 MIN.

1 lb. unpeeled, medium-size raw shrimp
(41/50 count)

1/4 cup butter

1 small sweet onion, diced

1 (4.5-oz.) can chopped green chiles,
undrained

1 (20-oz.) package frozen cream-style
corn, thawed

1 (16-oz.) container sour cream

2 large eggs

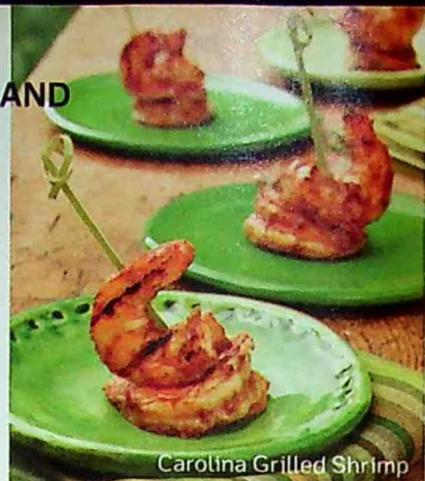
1 (6-oz.) package buttermilk cornbread mix

2 cups (8 oz.) shredded Cheddar-Jack
cheese with peppers

1. Peel shrimp; devein, if desired. Coarsely chop shrimp. Preheat oven to 375°.

2. Melt butter in a large skillet over medium-high heat; add onion, and sauté 2 to 3 minutes or until tender. Stir in shrimp, and sauté 2 to 3 minutes or just until shrimp turn pink. Remove from heat, and stir in green chiles.

3. Whisk together corn, sour cream, and eggs in a large bowl until blended; whisk in cornbread mix just until blended. Stir shrimp mixture and 1 1/2 cups shredded Cheddar-Jack cheese into corn mixture just until blended; pour into a lightly greased 13-x 9-inch baking dish, and sprinkle with



Carolina Grilled Shrimp

remaining 1/2 cup shredded cheese.

4. Bake at 375° for 45 minutes or until a wooden pick inserted in center comes out clean. Let stand 10 minutes before serving.

—INSPIRED BY ZAN BROCK,
JASPER, ALABAMA

Note: For testing purposes only, we used Martha White Cotton Country Buttermilk Cornbread Mix.

Carolina Grilled Shrimp

MAKES 4 APPETIZER SERVINGS;

PREP: 20 MIN., SOAK: 30 MIN.,

CHILL: 20 MIN., GRILL: 6 MIN.

4 (12-inch) wooden skewers

1 lb. unpeeled, jumbo raw shrimp
(16/20 count)

2 Tbsp. olive oil

1/4 cup chili sauce

2 Tbsp. fresh lemon juice

2 Tbsp. Worcestershire sauce

2 garlic cloves, minced

1/4 tsp. ground red pepper

1. Soak wooden skewers in water 30 minutes.

2. Peel shrimp; devein, if desired. Thread shrimp onto skewers. Place in a 13-x 9-inch baking dish.

3. Whisk together olive oil and next 5 ingredients in a bowl; pour over shrimp. Cover and chill 20 minutes. Remove shrimp from marinade, discarding marinade.

4. Preheat grill to 350° to 400° (medium-high). Grill shrimp, covered with grill lid, 2 to 3 minutes on each side or just until shrimp turn pink. ●

—CAROL S. NOBLE, BURGAW, NORTH CAROLINA

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Fast Sides

Stretch supper in a hurry with these tasty choices. Ten-minute Orange-Curry Carrots are ready by the time you set the table, while both Roasted Cauliflower and Lemon Slaw offer fast prep with hands-off time in the oven or fridge. Serve any of them with an entrée of your choosing for a satisfying supper.

By **Donna Florio**

Roasted Cauliflower

MAKES 4 SERVINGS; PREP: 15 MIN.

BAKE: 30 MIN.

Baking caramelizes the sugars in this so-good-for-you vegetable, adding delicious flavor.

2 Tbsp. olive oil

1 head cauliflower (about 1½ lb.)

½ tsp. salt

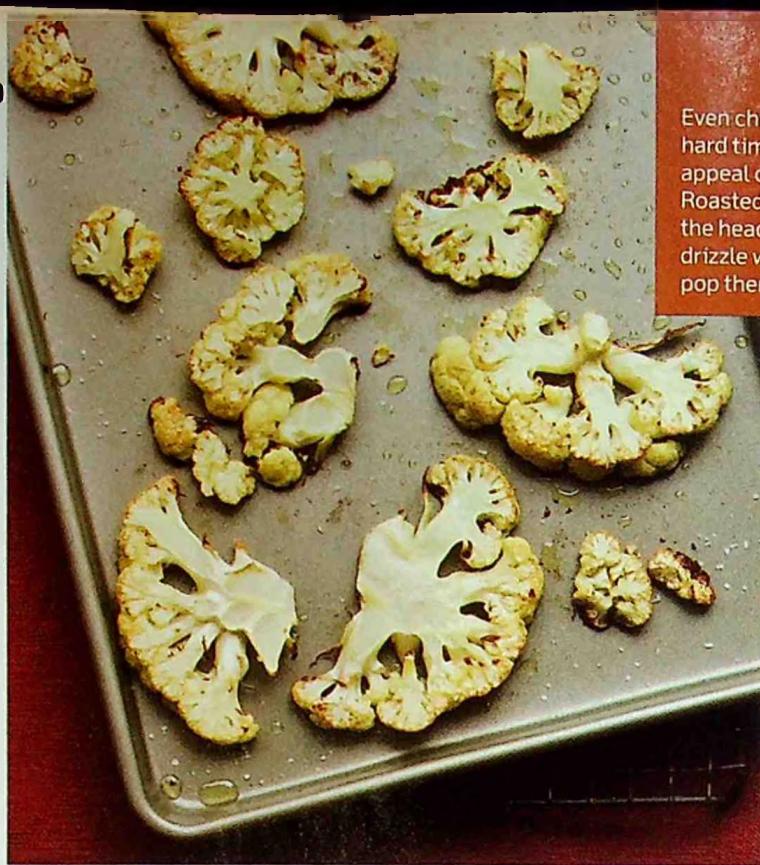
¼ tsp. pepper

1. Preheat oven to 425°. Drizzle a 15- x 10-inch jelly-roll pan with 1 Tbsp. olive oil. Cut cauliflower vertically into ¼-inch-thick slices. Arrange in a single layer on prepared pan. Drizzle cauliflower with remaining olive oil; sprinkle with salt and pepper.
2. Bake at 425° for 25 to 30 minutes or until golden brown. Sprinkle with salt to taste.

Orange-Curry Carrots

MAKES 4 SERVINGS; PREP: 10 MIN.

Place 1 (1-lb.) package crinkle-cut carrots and 3 Tbsp. water in a microwave-safe bowl. Cover bowl tightly with plastic wrap; fold back a small edge to allow steam to escape. Microwave at HIGH 5 minutes or until tender. Drain. Stir together ½ cup orange marmalade, 1 tsp. curry powder, and ½ tsp. salt. Toss gently with hot carrots.



Even children will have a hard time resisting the appeal of easy-to-prepare Roasted Cauliflower. Cut the head into "fans," drizzle with oil, season, and pop them into the oven.

Lemon Slaw

MAKES 6 SERVINGS; PREP: 10 MIN.

CHILL: 2 HR.

The chilling time allows the flavors to develop and the cabbage to soften slightly.

1 cup mayonnaise

1 tsp. lemon zest

2 Tbsp. fresh lemon juice

2 Tbsp. rice wine vinegar

2 tsp. sugar

1 tsp. salt

1 tsp. paprika

½ tsp. coarsely ground pepper

½ tsp. Worcestershire sauce

2 (16-oz.) packages shredded coleslaw mix

1. Stir together first 9 ingredients in a large bowl until blended; add coleslaw mix, tossing to coat. Cover and chill 2 hours.

—MARSHALL HALL, KNOXVILLE, TENNESSEE

Easy Creamy Spinach

MAKES 6 SERVINGS; PREP: 10 MIN.

COOK: 7 MIN.

We streamlined this rich dish inspired by reader Georgette Dugas by using frozen chopped onions and spinach.

2 (9-oz.) packages frozen chopped spinach, thawed

¼ cup frozen chopped onions, thawed

2 Tbsp. butter

1 garlic clove, minced

1 (6-oz.) package spreadable Swiss cheese

½ cup sour cream

½ tsp. salt

½ tsp. pepper

1. Drain thawed chopped spinach and thawed chopped onions well, pressing between paper towels.

2. Melt butter in a large skillet over medium heat; add spinach, onions, and minced garlic, and cook, stirring often, 3 minutes or until tender. Stir in spreadable Swiss cheese and next 3 ingredients until smooth (about 4 minutes). Serve immediately.

—GEORGETTE DUGAS, CROWLEY, LOUISIANA

Note: For testing purposes only, we used The Laughing Cow Original Creamy Swiss Flavor Spreadable Cheese Wedges.

Easy Creamy Collards: Substitute 1 (16-oz.) bag frozen chopped collard greens, thawed, for frozen spinach, and ½ cup milk for sour cream. Increase initial cook time to 8 minutes or until collards are cooked to desired degree of tenderness. Prepare recipe as directed, stirring in 2 tsp. sugar with cheese.

Note: For testing purposes only, we used Pictsweet All Natural Chopped Collard Greens. ■



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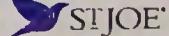
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Peppered Beef Soup served in Toasted Bread Bowls is reminiscent of a pot roast with all the fixings. The bread bowls are toasty on the outside and infused with broth on the inside.

Simmer and Serve

Enjoy comfort in a bowl. These hearty, slow-cooked meals will remind you of favorite tastes from home. By Vicki A. Poellnitz

Peppered Beef Soup

MAKES 12 CUPS; PREP: 20 MIN.;

COOK: 8 HR., 8 MIN.

Freeze leftovers in an airtight container up to three months. Add a bit of canned broth when reheating to reach desired consistency.

1 (4-lb.) sirloin tip beef roast

1/2 cup all-purpose flour

2 Tbsp. canola oil

1 medium-size red onion, thinly sliced

6 garlic cloves, minced

2 large baking potatoes, peeled and diced

1 (16-oz.) package baby carrots

2 (12-oz.) bottles lager beer*

2 Tbsp. balsamic vinegar

2 Tbsp. Worcestershire sauce

2 Tbsp. dried parsley flakes

1 Tbsp. beef bouillon granules

1 1/2 to 3 tsp. freshly ground pepper

4 bay leaves

Salt to taste

Toasted Bread Bowls, optional

1. Rinse roast, and pat dry. Cut a 1-inch-deep cavity in the shape of an "X" on top of roast. (Do not cut all the way through roast.) Dredge roast in all-purpose flour; shake off excess.

2. Cook roast in hot oil in a Dutch oven over medium-high heat 1 to 2 minutes on each side or until lightly browned.

3. Place roast in a 6-qt. slow cooker. Stuff cavity with sliced red onion and minced garlic; top roast with potatoes and baby carrots. Pour beer, balsamic vinegar, and Worcestershire sauce into slow cooker. Sprinkle with parsley, bouillon, and ground pepper. Add bay leaves to liquid in slow cooker.

4. Cover and cook on LOW 7 to 8 hours or until fork-tender. Shred roast using two forks. Season with salt to taste. Serve in Toasted Bread Bowls, if desired.

—LISA HURST, BLACKSBURG, VIRGINIA

*3 cups low-sodium beef broth may be substituted.

Toasted Bread Bowls

MAKES 6 BOWLS; PREP: 10 MIN.;

BAKE: 10 MIN.

Make the easiest homemade croutons with the soft centers from these bowls. Preheat oven to 400°. Cut the reserved centers into 1-inch cubes; coat lightly with olive oil cooking spray. Place in a zip-top plastic bag; add 1 tsp. desired dried herbs or seasonings. Seal bag, and shake to coat. Spread bread cubes in a single layer on a baking sheet, and coat again with cooking spray. Bake at 400°, stirring occasionally, 7 to 9 minutes or until lightly toasted. Cool completely. Store in an airtight container for three days.

6 (5- to 6-inch) artisan bread rounds*

Vegetable cooking spray

2 Tbsp. grated Parmesan cheese

1. Preheat oven to 350°. Cut 1/2 to 1 1/2 inches from top of each bread round; scoop out center, leaving a 1/2-inch-thick shell. Reserve soft centers for another use. Lightly coat bread shells and, if desired, cut sides of tops, with cooking spray. Place, cut sides up, on baking sheets. Sprinkle with cheese.

2. Bake at 350° for 8 to 10 minutes or until toasted.

*6 (4-inch) hoagie rolls may be substituted.

Mexican Pork Stew

MAKES ABOUT 11 CUPS; PREP: 25 MIN.;

COOK: 1 HR., 31 MIN.

6 green onions, trimmed

1 bunch cilantro

Kitchen string

2 1/2 lb. boneless pork shoulder roast

1 tsp. salt

1 tsp. pepper

3 garlic cloves

1 (10-oz.) can mild red enchilada sauce

2 medium-size baking potatoes, peeled and diced

10 (5 1/2-inch) soft taco-size corn tortillas

2 (11-oz.) cans yellow corn with red and green bell peppers

Salt to taste

Toppings: lemon wedges, diced radishes, diced onion, shredded cabbage

1. Tie green onions and cilantro together with kitchen string. Trim and discard fat from pork, and cut pork into 1/4-inch pieces. Season with salt and pepper.

2. Cook pork, in 3 batches, in a large

Dutch oven over medium-high heat 5 to 7 minutes or until browned. Bring pork, garlic, and 6 cups water to a boil; skim fat, and discard. Cover, reduce heat to low, and simmer 30 minutes or until meat is tender. Stir in onion-and-cilantro bundle, enchilada sauce, and potatoes. Bring to a boil over medium-high heat; reduce heat to low, and simmer 20 minutes or just until potatoes are tender.

3. Meanwhile, heat tortillas, 1 at a time, in a hot nonstick skillet over medium-high heat 20 to 30 seconds on each side. Wrap tortillas in a towel to keep warm.

4. Remove and discard onion-and-cilantro bundle. Increase heat to medium. Stir in corn, and cook, uncovered, stirring occasionally, 8 to 10 minutes or until thoroughly heated. Season with salt to taste.

5. Serve soup with desired toppings and warm tortillas.

— GUADALUPE CORTES, ACWORTH, GEORGIA

Note: Store any leftovers in an airtight container in the refrigerator up to 2 days. When reheating, add water or canned broth to reach desired consistency.

Corn-and-Bacon Soup

MAKES ABOUT 8 CUPS. **PREP:** 15 MIN.. **COOK:** 42 MIN.

We do not recommend freezing this recipe because it becomes too grainy.

4 bacon slices

1 medium onion, chopped (about 1 cup)

1/2 green bell pepper, chopped (about 1 cup)

1 garlic clove, minced

2 Tbsp. all-purpose flour

2 medium-size baking potatoes, peeled and cubed (about 3 cups)*

4 cups chicken broth

1 (16-oz.) package frozen whole kernel corn

1/2 tsp. salt

1/4 tsp. pepper

1 (10-oz.) can diced tomatoes and green chiles

1 cup (4 oz.) shredded sharp Cheddar cheese

Salt to taste

1. Cook bacon in a Dutch oven over medium heat 5 minutes or until crisp. Remove bacon, and drain on paper towels, reserving drippings in Dutch oven. Crumble bacon.

2. Sauté onion, bell pepper, and garlic in hot drippings over medium-high heat 5 minutes or until tender. Add flour, and cook, stirring constantly, 1 minute.

3. Stir in potatoes and next 4 ingredients, and bring to a boil. Reduce heat to low, and simmer, stirring often, 30 minutes or until potatoes are tender.

4. Stir in tomatoes and green chiles and cheese; simmer 1 minute or until cheese is melted. Season with salt to taste. Serve with crumbled bacon.

— GEORGIE O'NEILL-MASSA,
GEORGETOWN, FLORIDA

*3 cups frozen country-style hash browns may be substituted.

Caribbean Black Bean Soup

MAKES 6 CUPS. **PREP:** 20 MIN.. **COOK:** 2 HR., 14 MIN.

1/2 cup diced onion

2 Tbsp. brown sugar

1 Tbsp. chili powder

1 Tbsp. ground cumin

1 tsp. ground coriander

1 Tbsp. olive oil

1 tsp. minced garlic

1 (14-oz.) can fire-roasted diced tomatoes

1 (8-oz.) can tomato sauce

1 1/2 cups chicken broth

1/2 cup orange juice

1/4 cup tomato paste

1 lb. chicken breast tenders

2 (15-oz.) cans black beans, drained

1/2 tsp. salt

Toppings: diced avocado, chopped fresh cilantro

1. Sauté onion and next 4 ingredients in hot oil in a Dutch oven over medium heat 2 to 3 minutes or until onion is tender and fragrant. Add garlic, and cook 1 minute.

2. Stir in tomatoes and next 4 ingredients until well blended. Stir in chicken. Cover, reduce heat to low, and cook 2 hours.

Shred chicken with two forks in Dutch oven. Add black beans, and cook 10 more minutes. Stir in salt. Serve with desired toppings. — ANNA GINSBERG, AUSTIN, TEXAS

Note: Store any leftovers in an airtight container in the refrigerator up to 2 days, or freeze up to 3 months. Thaw in refrigerator. When reheating, add water or canned broth to reach desired consistency. ●



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Fall Refresher

Here's a versatile beverage to serve regardless of the temperature. It's a cinnamon-, clove-, and ginger-spiced sipper. And you can drink it hot, iced, spiked, or fizzy. Stash this recipe in a safe place—it's ideal for the upcoming holidays. By Shirley Harrington

Spiced Pomegranate Sipper

MAKES ABOUT 8 CUPS; PREP: 10 MIN.,

COOK: 18 MIN.

1 (2½-inch-long) cinnamon stick

5 whole cloves

5 thin fresh ginger slices

2 (16-oz.) bottles refrigerated 100%
pomegranate juice

4 cups white grape juice

½ cup pineapple juice

Garnishes: pineapple chunks, orange rind curls

1. Cook cinnamon stick, cloves, and ginger in a Dutch oven over medium heat, stirring constantly, 2 to 3 minutes or until cinnamon is fragrant.

2. Gradually stir in juices. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer 15 minutes. Pour mixture through a wire-mesh strainer into a heat-proof pitcher; discard solids. Serve warm. Garnish, if desired.

Note: For testing purposes only, we used POM Wonderful 100% Pomegranate Juice and Welch's 100% White Grape Juice.

Tipsy Hot Spiced Pomegranate Sipper:

Prepare recipe as directed. Stir in 1¼ cups almond liqueur just before serving. Makes 9½ cups.

Cold Spiced Pomegranate Sipper:

Prepare recipe as directed. Let stand 30 minutes. Cover and chill 2 hours. Store in refrigerator up to 2 days. Stir and serve over ice. Prep: 10 min., Cook: 25 min., Stand: 30 min., Chill: 2 hr.

Fizzy Spiced Pomegranate Sipper:

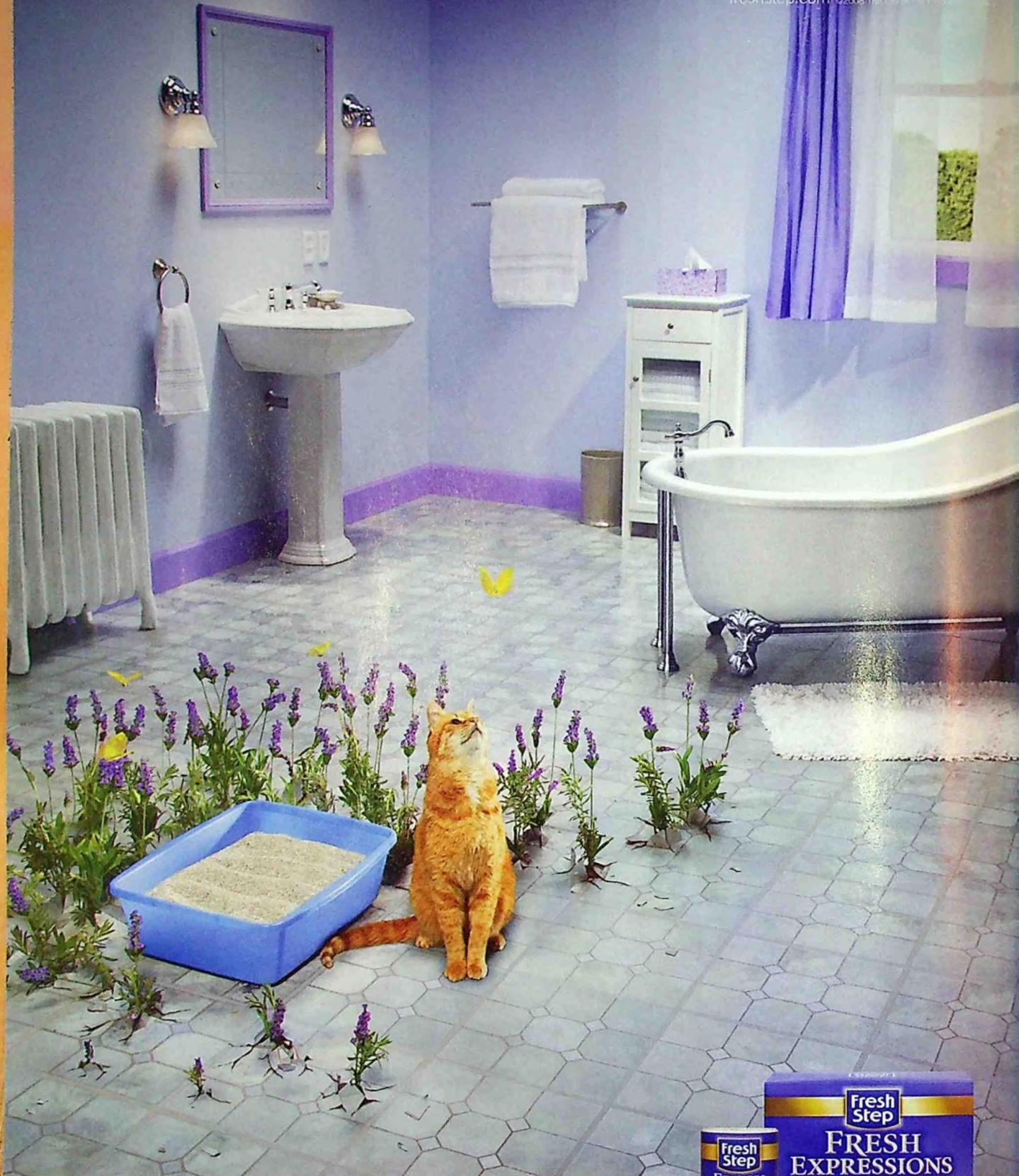
Prepare Cold Spiced Pomegranate Sipper as directed. Stir in 1 (33.8-oz.) bottle ginger ale just before serving. Makes 16 cups. ☀





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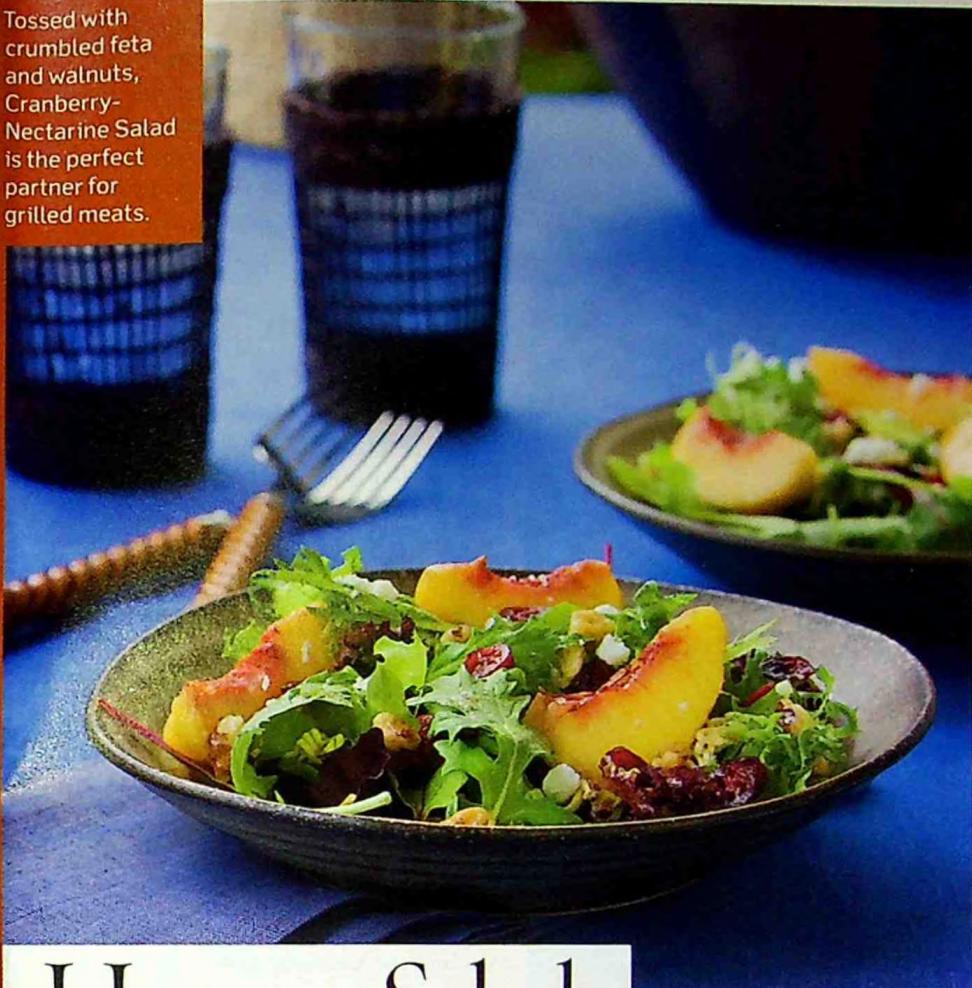
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Tossed with crumbled feta and walnuts, Cranberry-Nectarine Salad is the perfect partner for grilled meats.



Harvest Salads

September brings a bounty of late-summer produce along with the first crisp tastes of fall. Enjoy them all in this colorful collection of easy-to-serve dishes. By **Mary Allen Perry**

Cranberry-Nectarine Salad

MAKES 4 SERVINGS; PREP: 10 MIN.

BAKE: 6 MIN., COOL: 15 MIN., STAND: 5 MIN.

Briefly soaking dried fruit in hot water enhances the natural flavor and texture.

1 (3-oz.) package Oriental-flavored ramen noodle soup mix
 1/2 cup dried cranberries
 1 cup hot water
 1/3 cup canola oil
 1 Tbsp. light brown sugar
 2 Tbsp. balsamic vinegar
 2 Tbsp. rice wine vinegar
 1 Tbsp. soy sauce
 1 (10-oz.) package gourmet mixed salad greens, thoroughly washed
 3 large nectarines, peeled and cut in wedges

1/2 cup coarsely chopped walnuts
 1 (4-oz.) package crumbled feta cheese

1. Preheat oven to 350°. Reserve flavor packet from soup mix. Crumble noodles, and place in a single layer in a shallow pan.
2. Bake at 350° for 5 to 6 minutes or until toasted, stirring occasionally. Cool completely in pan on a wire rack (about 15 minutes).
3. Place cranberries in a small bowl; add 1 cup hot water. Let stand 5 minutes; drain.
4. Whisk together reserved flavor packet, canola oil, and next 4 ingredients in a large bowl. Add ramen noodles, cranberries, gourmet greens, and next 3 ingredients, tossing gently to coat. Serve immediately.

—DONNA TANNER, ALEXANDER, ARKANSAS

Honey-Cinnamon Vinaigrette

MAKES ABOUT 1 CUP; PREP: 10 MIN.

Shelf magic at its best, this quick-and-easy dressing adds a sweet note to some of our favorite fall salads. It's especially good with the peppery bite of fresh arugula topped with sliced apples and pears or warm roasted root vegetables.

1/3 cup cider vinegar

1/3 cup honey

1 tsp. ground cinnamon

1 tsp. dry mustard

1/2 tsp. salt

1/4 cup canola oil

1. Whisk together first 5 ingredients in a small bowl. Add oil in a slow, steady stream, whisking constantly until smooth. Serve immediately, or cover and chill until ready to serve. Store in an airtight container in refrigerator up to 2 weeks.

—INSPIRED BY CLAUDIA GOODWIN,
DALEVILLE, VIRGINIA

Ham-and-Field Pea Salad

MAKES 8 SERVINGS; PREP: 20 MIN.

COOL: 1 HR., CHILL: 8 HR., COOK: 5 MIN.

Combining a variety of field peas, such as black-eyed peas, speckled butter beans, and lady peas, gives additional color and texture to this tasty salad. We stirred in bits of sautéed ham just before serving, but it's equally good without.

3 cups fresh or frozen assorted field peas

1/4 cup sugar

1/4 cup cider vinegar

2 garlic cloves, minced

1 tsp. hot sauce

3/4 tsp. salt

3/4 tsp. pepper

1/4 cup vegetable oil

1 green bell pepper, diced

1/2 small red onion, diced

1 celery rib, diced

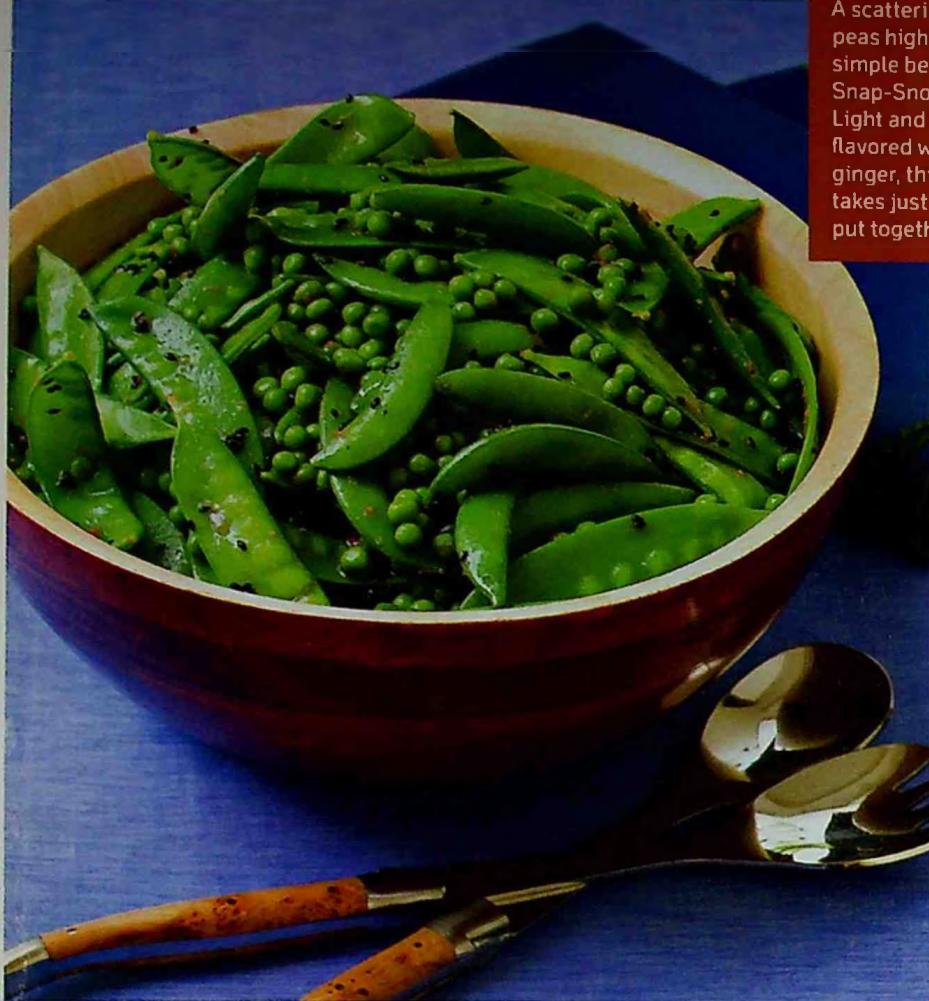
1 cup chopped ham

1 tsp. vegetable oil

1. Prepare peas according to package directions; drain and let cool 1 hour.

2. Whisk together sugar and next 5 ingredients in a large bowl. Add 1/4 cup oil in a slow, steady stream, whisking constantly until smooth. Add cooked field peas, bell pepper, onion, and celery, tossing to coat; cover and chill 8 hours.

►turn to page 142



A scattering of English peas highlights the simple beauty of Sugar Snap-Snow Pea Salad. Light and brightly flavored with fresh ginger, this medley takes just minutes to put together.

fragrant. Add hot sesame seeds to soy sauce mixture, stirring until blended. Add sugar snap peas, snow peas, and thawed English peas, tossing gently to coat. Serve immediately.

—JANINE WASHLE,
SONORA, KENTUCKY

Broccoli Salad With Lemon Pepper-Blue Cheese Dressing

MAKES 8 SERVINGS; PREP: 20 MIN.,

COOK: 5 MIN., CHILL: 2 HR.

A sprinkling of sugar creates the sweet-sharp taste of a traditional broccoli salad dressing, but you can reduce the amount if desired.

1/2 cup pine nuts
1 (4-oz.) package crumbled blue cheese
1/2 cup reduced-fat mayonnaise
1/2 cup reduced-fat sour cream
2 Tbsp. sugar
1 Tbsp. lemon zest
1/4 cup fresh lemon juice
2 tsp. freshly ground pepper
1/4 tsp. salt
1/8 tsp. ground red pepper
6 cups chopped fresh broccoli (about 1 1/2 lb.)
1 1/2 cups chopped Gala apple (1 large apple)
3/4 cup dried cherries

1. Heat pine nuts in a small nonstick skillet over medium-low heat, stirring often, 4 to 5 minutes or until toasted and fragrant.
2. Whisk together blue cheese crumbles and next 8 ingredients in a large bowl; add broccoli, apple, and cherries, gently tossing to coat. Cover and chill 2 to 8 hours; stir in toasted pine nuts just before serving. •

—SUSAN ORECKLIN, AUSTIN, TEXAS

3. Sauté ham in 1 tsp. hot oil in a small skillet over medium-high heat 4 to 5 minutes or until lightly browned. Stir into pea mixture just before serving.

—INSPIRED BY HARWANDA ROWELL, SPRING, TEXAS

Sugar Snap-Snow Pea Salad

MAKES 4 SERVINGS; PREP: 10 MIN.,

COOK: 7 MIN.

1 1/2 cups trimmed fresh sugar snap peas (about 5 oz.)
1 1/2 cups trimmed fresh snow peas (about 6 oz.)
1 Tbsp. soy sauce
1 Tbsp. pomegranate or cranberry juice
1 Tbsp. white vinegar
1 Tbsp. canola oil
2 tsp. minced fresh ginger
1 tsp. sugar
1 Tbsp. black or regular sesame seeds
1 cup frozen baby English peas, thawed

1. Arrange sugar snap peas and snow peas in a steamer basket over boiling water.

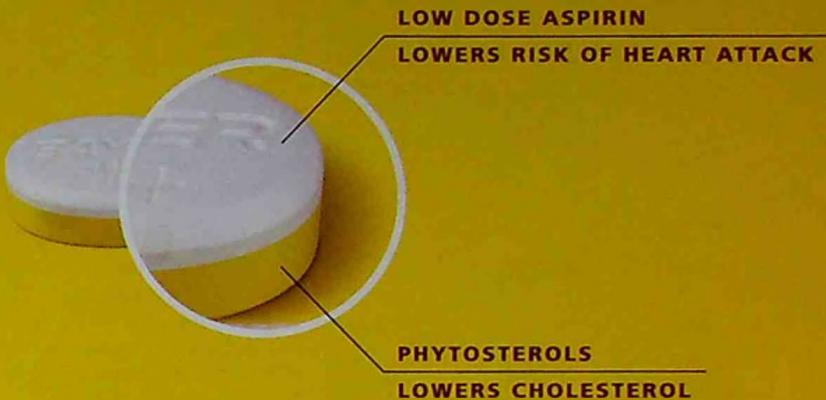
Cover and steam 1 to 2 minutes or until crisp-tender. Plunge peas into ice water to stop the cooking process; drain.

2. Whisk together soy sauce and next 5 ingredients in a large bowl.
3. Heat sesame seeds in a small nonstick skillet over medium-low heat, stirring often, 4 to 5 minutes or until toasted and

Tasting Notes

- Pennies a serving, toasted ramen noodles add a nutty crunch to salads and slaws.
- When fresh field peas are unavailable, frozen peas are our first choice for salads. Their texture is firmer and less starchy than canned, which are usually reconstituted from dried peas.
- After testing several similar recipes for broccoli salad, we noticed a big difference in flavor when the florets were cut into smaller pieces, which allows the dressing to evenly coat the ingredients rather than pool at the bottom of the bowl.
- Naturally crisp and sweet, broccoli stems add a delicious counterpoint to the florets. When making salads, cut the florets from the stem, and separate florets into small pieces using the tip of a paring knife. Peel away the tough outer layer of the stems, and finely chop, or cut into 1-inch pieces and pulse several times in food processor.

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OSCAR MAYER Deli Fresh Meats are sliced, packaged and sealed at the peak of freshness. And now, five varieties are available in convenient single serving packs perfect for a snack on the go or a sandwich for one.

BBQ Turkey Sub With Banana Pepper Slaw

Makes 5 servings, Prep: 10 min., Cook: 12 min.

1 sweet onion, thinly sliced
1 Tbsp. olive oil
1 cup barbecue sauce
1 (9-oz.) package OSCAR MAYER Deli Fresh Shaved Mesquite Turkey
5 (8-inch) sub or hoagie rolls
Banana Pepper Slaw

COOK onion in hot oil in a large skillet over medium high heat, stirring occasionally, 8 to 10 minutes or until lightly browned; stir in barbecue sauce, and bring to a simmer. Stir in turkey, and cook 2 to 3 minutes or until thoroughly heated.

PLACE turkey mixture evenly on bottom halves of sub rolls, and top each with 1/4 cup Banana Pepper Slaw. Top with remaining roll halves, and serve immediately with remaining Banana Pepper Slaw.

Banana Pepper Slaw:

Makes about 3 cups, Prep: 5 min., Total: 5 min.

3 cups shredded coleslaw mix
1/2 cup diced hot banana pepper rings
1/4 cup dill pickle relish
1/4 cup light mayonnaise

STIR together shredded coleslaw mix and remaining ingredients; cover and chill until ready to serve.

Jalapeño Beef Sandwiches

Makes 4 servings, Prep: 10 min., Bake: 10 min.

4 onion rolls, split
1/4 cup light mayonnaise
1 (7-oz.) package OSCAR MAYER Deli Fresh Shaved Roast Beef
1 cup (4-oz.) shredded 2% reduced fat sharp Cheddar cheese
1/2 cup bottled roasted red bell pepper strips
1/4 cup pickled jalapeño pepper slices

PLACE onion rolls, cut sides up, on a baking sheet. Spread mayonnaise evenly on cut sides of each roll; layer bottom halves of rolls evenly with roast beef and Cheddar cheese. Layer top halves with red bell pepper strips and jalapeño slices.

BAKE at 325° for 10 minutes or until cheese is melted and sandwich halves are thoroughly

heated. Place tops on bottoms, and serve immediately.

JALAPEÑO BEEF COCKTAIL

SANDWICHES: Substitute 1 (7 1/2-oz.) package party rolls for onion rolls. Slice rolls horizontally (don't separate individual rolls); spread mayonnaise, layer ingredients, and bake as directed. Place top half on bottom half; cut along each roll to divide. Makes 12 appetizer servings. Prep: 10 min., Bake: 10 min.

Grilled Italian Sandwiches

Makes 4 servings, Prep: 10 min., Grill: 8 min.

1 (9-oz.) package OSCAR MAYER Deli Fresh Shaved Smoked Ham*
1 (10-oz.) package prebaked Italian thin pizza crust
6 provolone cheese slices

1 (5-oz.) package gourmet mixed salad greens
1 cup diced tomatoes
3 Tbsp. Italian salad dressing

ARRANGE ham slices evenly on pizza crust; place cheese evenly over ham.

LIGHT one side of a gas grill, heating to medium heat (300° to 350°); leave other side unlit. (For charcoal grills, prepare fire by piling charcoal on one side of grill, leaving other side empty.)

PLACE pizza crust over unlit side of grill. Grill, covered with grill lid, 8 minutes, rotating crust after 4 minutes. Remove from grill; cut in half.

TOSS together salad greens, tomatoes, and salad dressing. Place salad evenly over melted cheese on half of crust, and top with remaining half. Serve immediately.

*Available in Deli Fresh Singles



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Great Recipes from the

**Farfalle with Prosciutto and Green Peas**

Makes 6 to 8 servings

Prep: 10 min., Cook: 25 min.

1 (16-oz.) box BARILLA Farfalle
 1 small onion, chopped
 2 Tbsp. extra virgin olive oil
 2 (3.5-oz.) packages prosciutto, cut into thin strips
 1½ cups frozen green peas, thawed
 ½ cup dry white wine
 2 cups half-and-half
 ½ cup heavy cream
 Salt and freshly ground pepper to taste
 ½ cup freshly grated Parmesan cheese

COOK onion in hot olive oil in a large (3-inch-deep) skillet or Dutch oven over medium heat, stirring occasionally, 5 minutes. Add prosciutto and peas, and cook, stirring occasionally, 3 minutes. Stir in wine, and cook 3 to 4 minutes or until mixture is reduced by half. Stir in half-and-half and cream. Season with salt and pepper to taste. Cook 1 to 2 minutes or until slightly thickened.

COOK pasta according to package directions; drain. Toss hot cooked pasta with cream mixture. Stir in cheese.

Three Cheese Tortellini-and-Vegetable Primavera

Makes 6 to 8 servings

Prep: 15 min., Cook: 20 min.

1 (13-oz.) package BARILLA Three Cheese Tortellini
 ½ bunch (8 oz.) asparagus
 ½ cup thinly sliced green onions, white part only (1 bunch)
 1 small zucchini, seeded and diced
 3 Tbsp. extra virgin olive oil
 2 plum tomatoes, peeled and diced
 Salt and freshly ground pepper to taste
 ½ cup freshly grated Parmigiano-Reggiano cheese

SNAP OFF and discard tough ends of asparagus. Cut tips from asparagus, and place in a bowl. Cut remaining asparagus into ¼-inch pieces; add to bowl.

SAUTÉ asparagus, green onions, and zucchini in hot olive oil in a large skillet over medium heat 8 minutes. Add tomatoes, and cook 2 minutes.

Season with salt and pepper to taste.

COOK pasta according to package directions; drain. Stir pasta into asparagus mixture, and sprinkle with cheese. Serve immediately.

SOUTHERN LIVING COOKING SCHOOL

presented by Barilla Pasta

Penne with Chicken, Spinach, and Tomatoes with Balsamic Vinaigrette

Makes 6 servings

Prep: 10 min., Cook: 20 min., Cool: 10 min.

1 (14.5-oz.) box BARILLA PLUS Penne
 1 lb. skinned and boned chicken breasts, diced
 ½ cup extra virgin olive oil, divided
 ¼ cup balsamic vinegar
 2 tsp. Dijon mustard
 Salt and freshly ground pepper to taste
 2½ cups (3 oz.) firmly packed fresh spinach, chopped
 2½ cups seeded and chopped fresh tomatoes
 ½ cup thinly sliced red onion
 ½ cup diced yellow bell pepper

SAUTÉ chicken in 1 Tbsp. hot olive oil in a medium skillet 5 to 6 minutes or until done.

WHISK together vinegar and mustard in a small bowl. Gradually whisk in 6 Tbsp. olive oil until smooth. Season with salt and pepper to taste.

COOK pasta according to package directions; drain. Spread pasta in a single layer on a baking sheet. Drizzle with remaining 1 Tbsp. olive oil. Let cool 10 minutes.

TOSS together pasta, chicken, vinegar mixture, spinach, and remaining 3 ingredients in a large bowl. Season with salt and pepper to taste.

Serve immediately, or, if desired, cover and chill 1 hour before serving.



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Some fall in love with Tuscan
cuisine as soon as they arrive.

Others love it so much they never leave.

Aldo has lived on a hill overlooking Siena his entire life. Part of an ancient form of sharecropping called Mezzadria, he works the olive grove in exchange for a portion of the farm's produce. And while most everything in Aldo's kitchen comes from the land, there's one thing that comes from the market — Barilla pasta.

www.DiscoverBarilla.com

Barilla Penne
with spinach, cherry tomatoes
and Tuscan Pecorino cheese



Ingredients

Barilla Penne	1 box
Extra virgin olive oil	4 tbsp, divided
Garlic	1 clove, chopped
Cherry tomatoes	4 cups, halved
Fresh baby spinach	1 (6 oz.) bag
Tuscan Pecorino cheese	1 cup, shaved
Salt & black pepper to taste	

For the complete recipe visit
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Why settle for a plain old chop or tenderloin when you can enjoy one of these creative choices? Slow-cooked Honey-Soy Appetizer Ribs take some effort, but the results are meltingly tender and rich. You'll find most of the ingredients in your pantry. By **Donna Florio**

Pork With Pizzazz

Honey-Soy Appetizer Ribs

MAKES 8 APPETIZER SERVINGS:

PREP: 15 MIN.; COOK: 30 MIN.; GRILL: 1 HR., 45 MIN.; STAND: 10 MIN.

Have the butcher cut the ribs in half crosswise to make appetizer-size ribs. You can prepare the ribs through Step 2 the day before you plan to cook them. Cover and chill overnight. You may need to grill the ribs a little longer to compensate for the fact that they are cold.

2 slabs pork spareribs (about 4 lb.)

1 cup honey

1/3 cup soy sauce

3 Tbsp. sherry (optional)

2 tsp. garlic powder

1/2 tsp. dried crushed red pepper

Garnishes: sesame seeds, thinly sliced green onions

Quick Asian Barbecue Sauce (optional)

1. Rinse and pat ribs dry. If desired, remove thin membrane from back of ribs by slicing into it with a knife and then pulling it off. (This will make ribs more tender.)

2. Bring ribs and water to cover to a boil in a large Dutch oven over medium-high heat; reduce heat to medium, and simmer 30 minutes. Drain and pat dry. Place ribs in a 13- x 9-inch baking dish.

3. Stir together honey and next 4 ingredients; pour over ribs.

4. Light 1 side of grill, heating to 350° to 400° (medium-high) heat; leave other side unlit. Arrange ribs over unlit side of grill, reserving sauce in dish. Grill, covered with grill lid, 45 minutes. Reposition rib slabs, placing slab closest to heat source away

Cook Honey-Soy Appetizer Ribs on the grill for finger-licking goodness.



from heat and moving other slab closer to heat. Grill, covered with grill lid, 45 minutes to 1 hour or until tender, repositioning ribs and basting with reserved sauce every 20 minutes. Remove ribs from grill, and let stand 10 minutes. Cut ribs, slicing between bones. Garnish, if desired. Serve with Quick Asian Barbecue Sauce, if desired.

Quick Asian Barbecue Sauce:

MAKES 1/2 CUP; PREP: 5 MIN.

Stir together 1/2 cup barbecue sauce, 2 Tbsp. soy sauce, and 1 tsp. Asian sriracha hot chili sauce.

Pork-and-Pasta With Gorgonzola Cream

MAKES 4 SERVINGS; PREP: 20 MIN., COOK: 9 MIN.

1 (1-lb.) pork tenderloin

1 tsp. salt

1/2 tsp. dried oregano

1/2 tsp. dried basil

1/4 tsp. pepper

1/4 tsp. garlic powder

1 (12-oz.) package fettuccine

2 Tbsp. butter

2 Tbsp. balsamic vinegar

Gorgonzola Cream

1. Remove silver skin from tenderloin, leaving a thin layer of fat. Cut pork into 8 (3/4-inch) medallions. Combine salt and next 4 ingredients. Sprinkle medallions with salt mixture.

2. Prepare pasta according to package directions.

3. Meanwhile, melt butter in a large non-stick skillet over medium-high heat; add medallions, and cook 2 to 3 minutes on each side or until lightly browned. Reduce heat to medium; stir in vinegar. Cook pork 1 to 1 1/2 minutes on each side or until meat is done. Serve medallions over hot cooked pasta with Gorgonzola Cream.

Gorgonzola Cream:

MAKES ABOUT 1 1/2 CUPS; PREP: 5 MIN., COOK: 5 MIN.

Melt 2 Tbsp. butter in a small skillet over low heat; stir in 1 cup half-and-half and 1/2 cup crumbled Gorgonzola cheese, stirring until cheese is melted.

— MARLA CLARK, MORIARTY, NEW MEXICO

Pork Tenderloin-and-Tomato Salad

MAKES 4 SERVINGS; PREP: 15 MIN., COOK: 20 MIN., BAKE: 15 MIN., STAND: 12 MIN.

Save the crumbled bacon from the dressing to scatter over the salad.

1 (1-lb.) pork tenderloin

1 Tbsp. coarsely ground pepper

3/4 tsp. salt

2 Tbsp. olive oil

1 (5-oz.) package spring mix, thoroughly washed

3 large tomatoes, cut into 1/2-inch-thick slices

Warm Bacon Vinaigrette

Garnish: cooked and crumbled bacon

1. Remove silver skin from tenderloin, leaving a thin layer of fat.

2. Preheat oven to 400°. Rub pepper and

Points South

OUR LIFE AND TIMES

• SOUTHERNERS •

Branford Marsalis

This jazzman keeps steady in his music and his life. By **Allison Barnes**



"Children need to be led," says Branford of why he chose to raise his kids in a value-rich Southern atmosphere.

Grammy winner Branford Marsalis considers his Southern milieu his muse, right down to the accents.

"The syncopation and rhythm of the language has a singsong quality," says the jazz saxophonist and classical musician. "The Southern influence is there in whatever I do."

Branford appears as cool and relaxed as a jazzman should. That's why in 2002 he traded the current of busy Northern cities to savor the steady rhythm of Durham, North Carolina, with his wife and three kids.

"Carolina is close enough to New York for me," the New Orleans native says with a soft chuckle. "Moving here was a return to certain priorities."

Keeping a musical tie in the community, Branford inspires fledgling musicians as an adjunct professor at North Carolina Central University. After Hurricane Katrina, he and Harry Connick, Jr., joined with Habitat for Humanity to build housing for musicians in New Orleans.

"No matter how aggressive or modern our music sounds, we're still Southerners, and that's always going to be," he says. •

To learn more about Branford's family, music, and food, visit southernliving.com/southerners.

PHOTOGRAPH: ROBBIE CAPONETTO

No Southern Woman Is an Island

This wannabe hermit might've underestimated the value of her support networks. By Amy C. Balfour

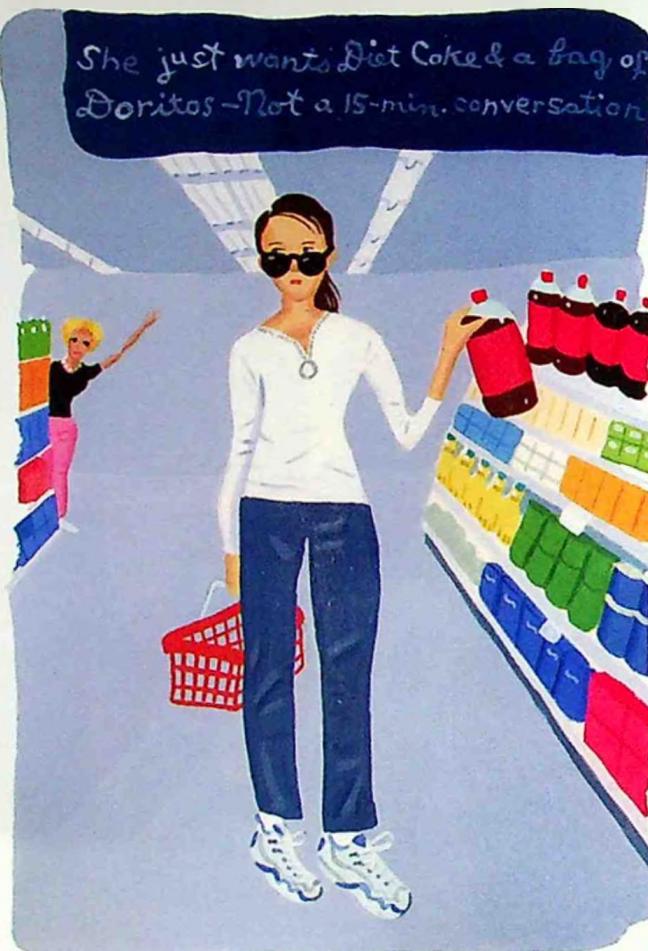
A hermit by nature but a Southerner by nurture, I'm all kinds of contradictory when it comes to playing well with others. A born bookworm, I've always preferred a good read over socializing, but as a child growing up in Virginia, there were certain rites of passage I couldn't avoid. From Girl Scouts to summer camp to Kappa to Junior League, my life's been a long group hug of skits, songs, spirit, and philanthropic societies. I can't walk past a meeting to this day without yelling "present" and signing up for a committee.

So it's no surprise that a recent six-year stint away from the South warmed the cockles of my hermitic heart. I lived in a sprawling city out West where it was easy to be a nobody.

For one thing, I lost my backstory there. Not possible in the South where "backstory" goes by another name: vital information. It's that explanatory clause that puts even a throwaway conversation into historical context. My mother, the town crier, has made it a one-breath art form.

Me: I'm in the car. Where's that florist you like?

Mom: Oh, it's beside that bookstore owned by Sally Anne, you know, Aunt Liddie's neighbor who stole her sister's husband, the lawyer who got sick? She kept taking pies over till he recuperated, and then he left his wife, bless her heart. She got struck by lightning a year later, and then they got married and opened up



that bookstore right there on Maple.

Me: Wasn't that like 40 years ago?

Mom: Yes, and don't tell anyone I told you.

Grocery shopping is also better for recluses in cities where you are unknown. You know how it goes in the South.

Everything's fine and dandy until you hit aisle five and spot your 12th-grade English teacher staring at a big box of Cocoa Puffs. Shoot. All you wanted was a Diet Coke, a bag of Doritos, and that new magazine with Brad Pitt on the cover—not 15 minutes of conversation. My sister calls the subsequent pivot-and-dash the Kroger Two-step, that frantic move to avoid social interaction that inevitably leaves you on the women's hygiene aisle until the coast is clear.

Then there's Internet dating. Match.com and eHarmony are a boon for urban recluses. Stocked with every variety of man, they're virtual big-box stores for girls who fear bars. The guy was a jerk? Move on. There are 2 million more to choose from. Have an embarrassing date? Who's gonna know? But in the South? Type in a local zip code on Match.com, and half the photos are recognizable: "That guy was picking his nose at Piggly Wiggly just last week!"

But you know what? I recently moved back to Virginia, and I'm starting to think I've been too hard on backstory and familiarity. Take a friend living in another part of the country who recently discovered that the "love of her life," whom she met online, was knee-deep in a scary religious cult. In the South, friends would've saved her the heartache. "You have a date with Scott? Ewww. He dated my cousin's coworker's sister, and she said he has a stone altar in his den, 11 toes, and 5 million issues. Weir-do." And that English teacher I saw in Kroger? Would it have killed me to chat for 15 minutes? To tell her how much I loved her class?

In sum, this wannabe hermit might've underestimated the value of Southern support networks. Just last week I spilled a stack of papers all over the street, and the Domino's guy slowed down to ask if I needed help. Would that have happened anywhere else? •

Amy C. Balfour is a freelance writer who recently moved back to Virginia, leaving her anonymity at the state line.

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A Virginia couple
branches out with their
Asian pear farm. —page 6



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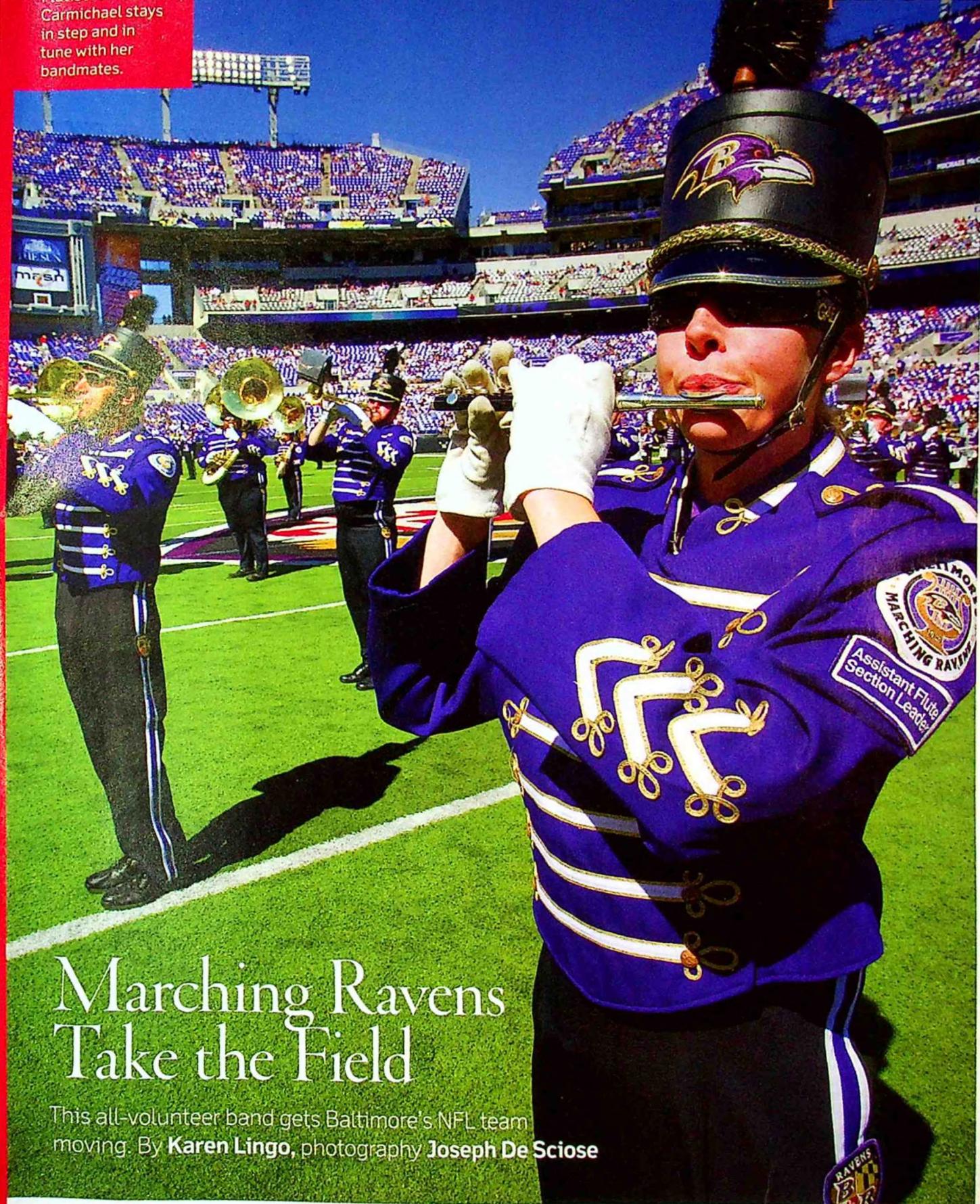
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Flutist Amanda Carmichael stays in step and in tune with her bandmates.



Marching Ravens Take the Field

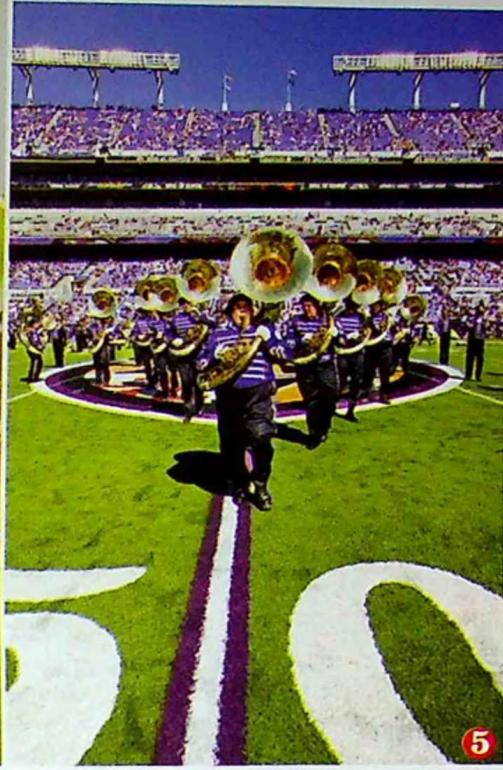
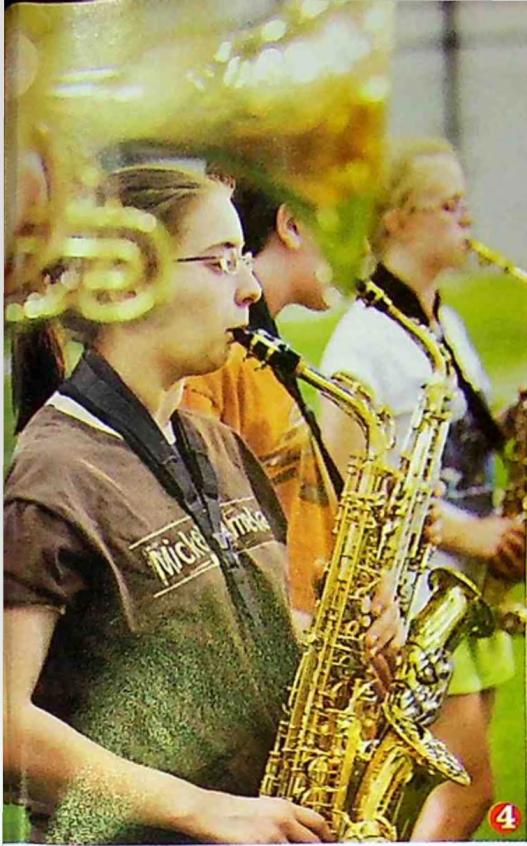
This all-volunteer band gets Baltimore's NFL team moving. By **Karen Lingo**, photography **Joseph De Sciose**



Twelve years without a football team might deter some band members, but not those in Baltimore's Marching Ravens. Between 1984, when the Colts, the city's pro football team, left, and 1996, when Cleveland's NFL team moved to Baltimore and changed its name to the Ravens, the band played on. The group's president, John Ziemann, saw to that. "I wanted to show the nation and the NFL that Baltimore could support a team," he says.

Not only does Baltimore support the team and its band, but so do some 400 members, including musicians, flag line, honor guard, equipment crew, staff, and medical crew from eight states, including North Carolina and West Virginia. Some drive more than two hours to perform during home games and to attend Wednesday night rehearsals. They range in age from 14 to over 60. All are volunteers. The Marching Ravens hold auditions every Wednesday night; visit www.ravensband.org, or call (410) 557-8335.





1. On game day, the Marching Ravens start at Oriole Park and parade along "Ravens Way" to the M&T Bank Stadium.

2. Band members wear their team colors with pride.

3. Band president John Ziemann, who joined the Colts' Band as a member of the percussion section in 1962, kept the 61-year-old band playing even when the city had no football team. He also serves as deputy director for the Sports Legends Museum at Camden Yards and the Babe Ruth Birthplace and Museum.

4. Saxophone player Megan Furth and her two brothers, one on clarinet and the other on trombone, turn the Marching Ravens into a family affair.

5. During the pregame show, the band forms the word "Ravens." Jeff Davis leads the sousaphones in forming the letter "V."

6. Jill Rothaupt, a member of the flag line for 10 years, volunteers with her daughter, Amber, who marches in the banner line.

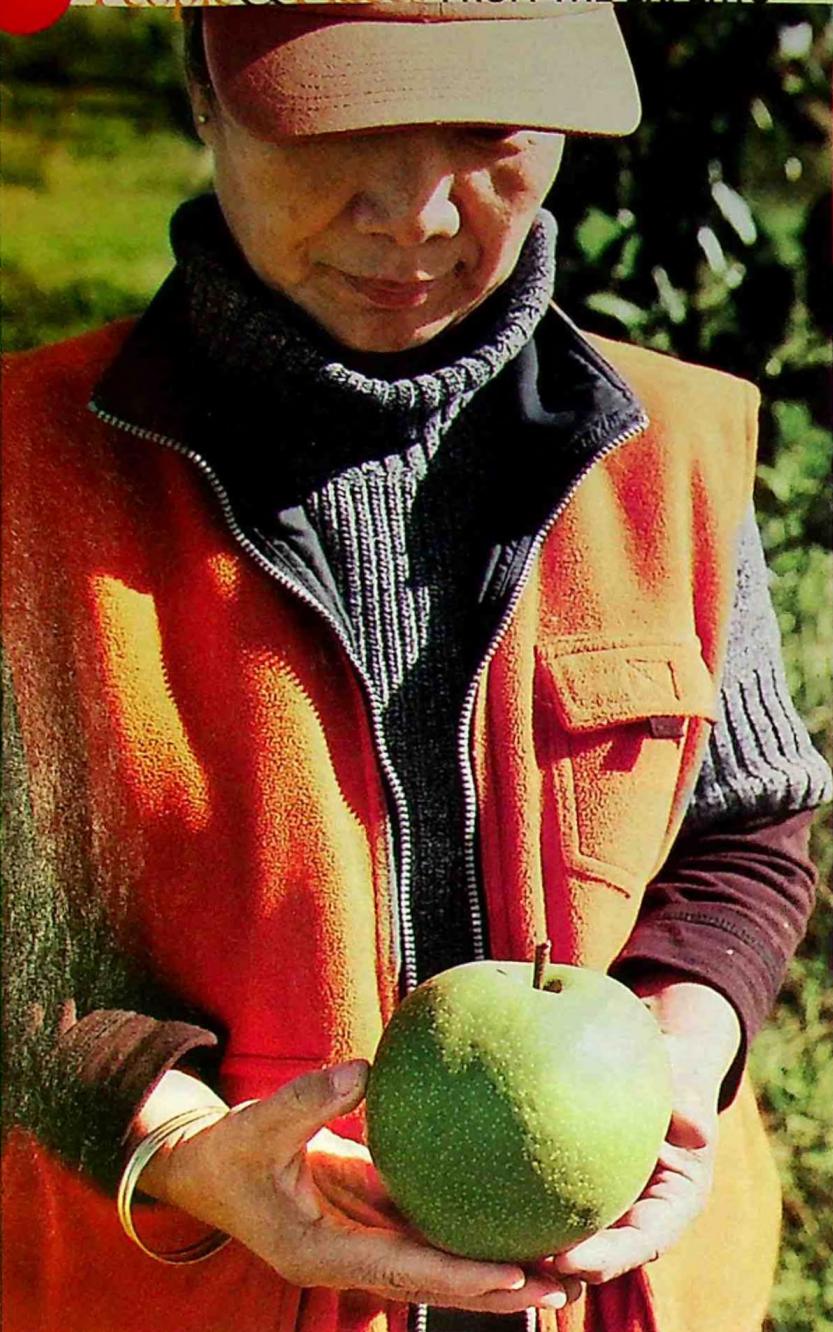
7. Chief trumpet soloist Leroy Bamberger, who held the same position in the Indiana University of Pennsylvania Marching Band, brings Ravens fans to their feet when he hits E flat above double C during the halftime show.

8. A band member for 11 years, trombone player Ruth Braden travels 90 miles one way for Wednesday night rehearsals and home games.

9. During all home games the Marching Ravens sit in the end zone of M&T Bank Stadium, nicknamed the "Band Zone" by Ravens players.

10. Drummers stay sharp with weekly practices. ●





YoungSuk
Estabrook admires
an Arriang pear.
"People like the
crunchiness,"
she says.

Crop of Gold In the Shenandoah

A Virginia couple finds that gold grows on trees—and it tastes great too. By **Joe Rada**

An autumn morning mist rises as Paul and YoungSuk Estabrook step out of their hilltop home and into an Asian pear orchard near Natural Bridge, Virginia. They walk down a slope toward a rustic packinghouse, eyeing rows of fruit trees, sizing up the dangling harvest, and looking for any signs of trouble involving weather, critters, and irrigation pipes.

"Cars will start streaming up our driveway by 10 a.m.," Paul says with the calm urgency of a man who has a long to-do list but also a can-do grip on the situation. "Everybody will want pears," he adds, sliding open heavy barn doors to reveal a world of crates, boxes, and colorful fruit, "and we'll be ready."

"They'll all want to taste sample slices too," says YoungSuk as she gathers a knife, a cutting board, and pears ranging from sunny yellow to russet red but all with a hint of gold. "The best part is we get to taste right along with them."

Favorite Time of Year Mid-August to December at Virginia Gold Orchard is harvest time, when the Estabrooks, who mostly toil alone on 94 acres, welcome guests. Many return annually for what's considered a curious crop in the Shenandoah Valley. It's the only place around where you'll find exotic pears typically grown in Korea, Japan, and China.

"Asian pears aren't like the Bartletts, Boscas, and other European pears most Americans know," Paul says. "Some are large and round or oblong, not tapered on top and rounded on bottom, not what people here usually think of as 'pear-shaped.'"

"They taste different too," YoungSuk says. "They're crisp and crunchy like apples, evenly firm, and juicy like melons. Once people try them, they usually like them. Depending on sugar levels and acidity, they can be spicy, sweet, sour, or all that at the same time. Asian pears keep well too—six months or more in the refrigerator—without getting mushy like pears do."

Love at First Bite A Bostonian engineer, Paul was helping build an electric plant in Korea in the 1970s when he met his future wife and orchard partner. "YoungSuk was a secretary who sent out for some pears to feed our crew," he recalls. "Her family has kept orchards for generations. I liked the pears, and I loved the secretary!"

They married, had a son (now a photographer studying for his master's degree in fine arts in Virginia) and a daughter (now a film editor in New York), and moved to a New Hampshire farm, where they began planting Asian pear trees. "It began as a hobby, but it grew into a real devotion," Paul says. "After

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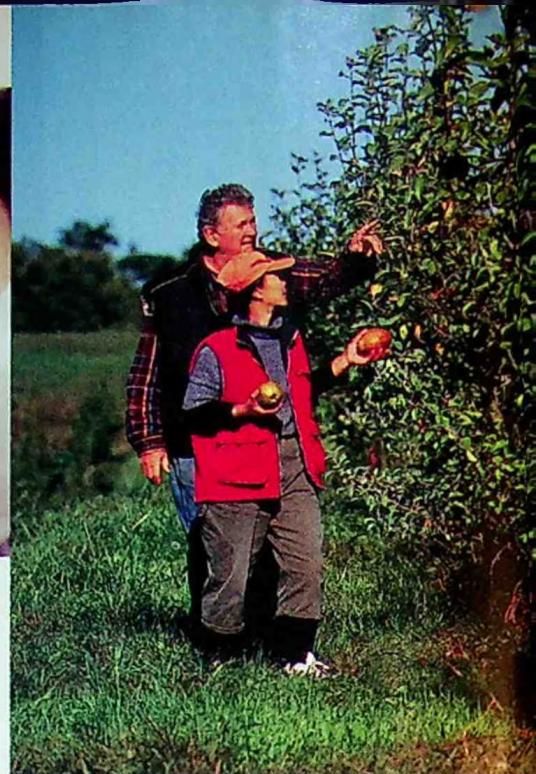
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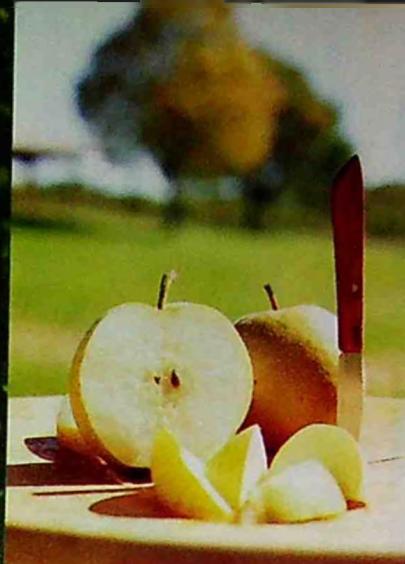
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a few harsh New England winters, we looked for a place with better growing conditions for the pears and found it here in the Shenandoah Valley. The soil, elevation, and climate are just right, and people in this community welcomed us with open arms."

YoungSuk hybridizes new cultivars to achieve various colors, shapes, textures, tastes, and disease resistance. Paul has built a greenhouse, sunk a well, plumbed an irrigation system, and learned to maintain beehives for pollination and honey. "We moved 500 trees here in 1990," YoungSuk says. "Now we have more than 4,000 trees and 14 varieties of pears."

Orchard Life Keeping an orchard involves constant attention and a lot of worry. "A late frost, snow, or hail in spring can ruin blossoms and buds," Paul says. "During droughts we focus on water issues. Hurricane winds in late summer and fall can knock heavy pears—some weigh up to 2 pounds—off their stems before they're ripe."

That's just the weather. "We also deal with damage done by crows, deer, wood-chucks, raccoons, rabbits, and insects," he says. "Anything that *can* climb a tree or rub against it *will*. As a certified organic operation, we use natural solutions instead of chemicals. Then we cross



Bite In

In a good year Virginia Gold Orchard produces 5,000 cases of Asian pears. People pulling into the driveway buy about half the crop, one 10-pound case at a time (about 12 to 30 pears, depending on size, for \$25). The rest goes mostly to caterers, a farm co-op that sells them in D.C.'s Dupont Circle, and mail orders. "Cooks at the Natural Bridge Hotel and Southern Inn Restaurant make a salad of pears, greens, and nuts," YoungSuk says. "At Washington and Lee University each student gets a pear during midterms. Isn't that a nice tradition?"

ABOVE, LEFT: YoungSuk chats with a customer. **ABOVE:** The Estabrooks moved their Asian pear orchard to the Shenandoah Valley for better growing conditions. **ABOVE, RIGHT:** Slices are always available for tasting.

our fingers and hope for the best."

"We plant fruit that blooms and ripens at different times," YoungSuk says. "Every year we lose some pears, but others survive. It takes 10 to 15 years to hybridize new varieties—a long time to wait just to find out you got it wrong—so we plan carefully and try to get things right the first time."

Y'all Come Back, Hear? Paul and YoungSuk relish the work and love talking. "People bring in empty boxes with our logo," Paul says. "We give them a dollar off for recycling. It's amazing to see decade-old boxes still in use." As a Korean and a Bostonian with strong accents, they nonetheless exude Southern hospitality. "We may never get the 'y'all' thing just right," Paul admits, "but we feel very much at home here." •

Virginia Gold Orchard: 100 Asian Pear Way, Natural Bridge, VA 24578; www.virginiagoldorchard.com or (540) 291-1481. Located between Natural Bridge and Lexington on U.S. 11 a mile north of I-81 at Exit 180; open late August to early December.

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ABOVE: Eric Markow (right) and Thom Norris worked for five years to develop their woven glass process. LEFT: "Nest babies" are among their most popular works.



Weaving Glass

Eric Markow and Thom Norris create vibrant one-of-a-kind works of art in their Falls Church, Virginia, studio. By **James T. Black**

There's probably nothing as fragile as two tiny eggs sitting in a bird's nest—especially when it's all made of glass.

That's the creative challenge Eric Markow and Thom Norris face every time they fire up their kilns. As the inventors of a unique "woven glass" technique, these Falls Church, Virginia, artisans use an unforgiving medium to create unforgettable works of art.

Creating Colors "Glass is about the most difficult material to work with," Eric says. "It takes us six weeks to take a piece from idea to completion. In our early experimental days, we could almost

be done and then get a crack."

The artists worked for years on the process. "Eric introduced me to stained glass shortly after we met about 14 years ago," Thom says. "We took a workshop and started doing pieces on commission. We were always looking for new colors. We'd visit stained glass shops and ask to see what they had in the back—any glass that might be too odd to sell up front."

When the partners found that commercial glass comes in only about 100 colors, they decided to make their own. They started experimenting in their studio by fusing pieces and sheets of the material together, cooking some for up to

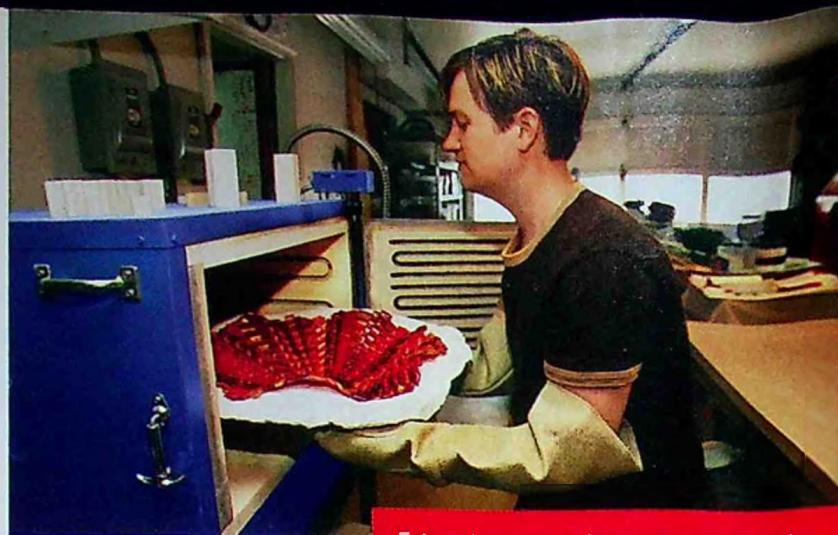


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"Eric trained as a chemical engineer, and my degree is in biology. Because of our backgrounds, we know a lot about scientific methods."

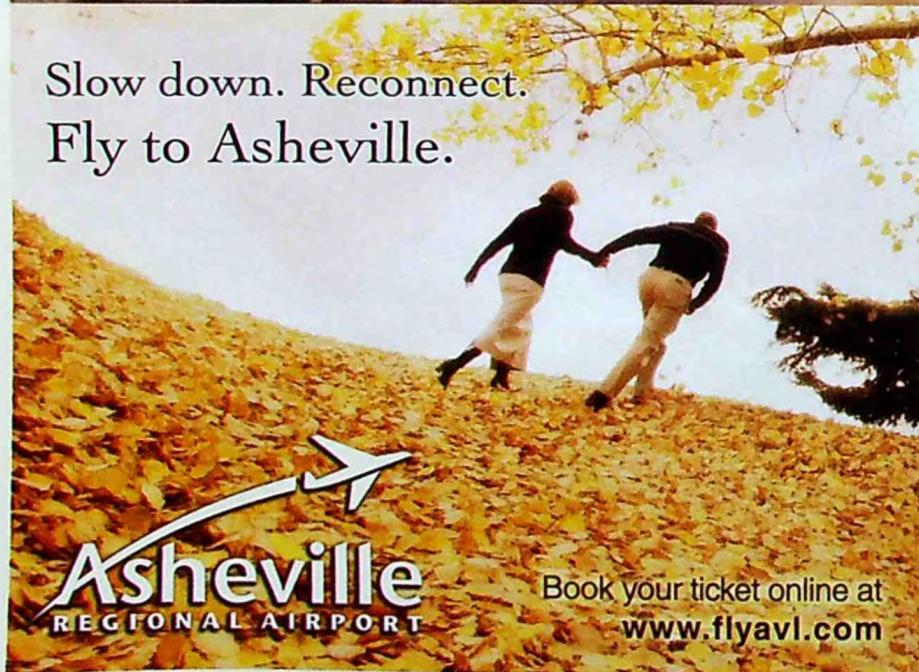
THOM NORRIS, GLASS ARTIST



Eric gets ready to fire a piece in the kiln. Some glass cooks for 200 hours before it's ready.



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24 hours at temperatures of more than 1,000 degrees.

Eventually Eric and Thom learned that by adding glass powders to the mix or by layering different colored sheets together, they could create new hues. Their technique also made the glass more malleable, so that at high temperatures it could stretch and bend almost like rubber. After five years of hot, tiring, and often frustrating labor, the artists perfected a way of combining brightly colored strands together to create textured pieces that look more like woven fabric than fragile glass.

"It took us a long time to find which temperatures create which colors. Some pieces are in and out of the kiln four or five times, and everything has to be staged perfectly," Eric says. "Basically we wanted to come up with something unique and different. I think we did."

Showtime Eric and Thom exhibited their first pieces at a Baltimore show in 2004. Since then, they've created hundreds of woven wonders ranging from a glittering 7-foot-tall saguaro cactus in 30 shades of green to delicate 6-inch-wide "nest babies" that come complete with glass twigs and eggs.

Because a piece can take weeks to complete, the artists only make 100 or so a year. Demand keeps growing—more than 50 galleries now carry their wall sculptures, nests, and table sculptures, and they take part in a few art shows across the country each year. "We probably stay just

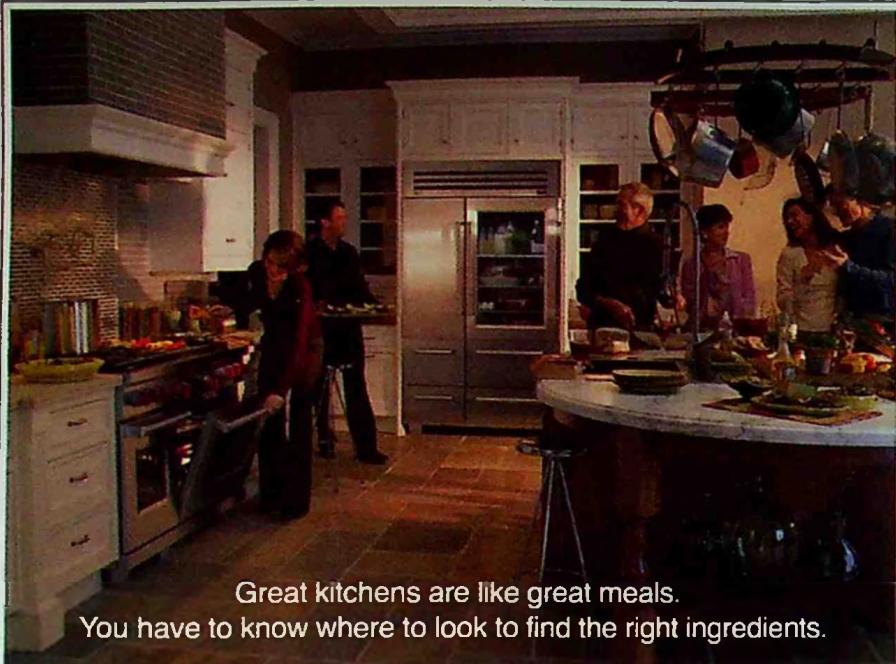
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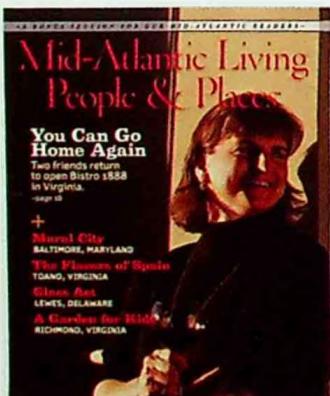
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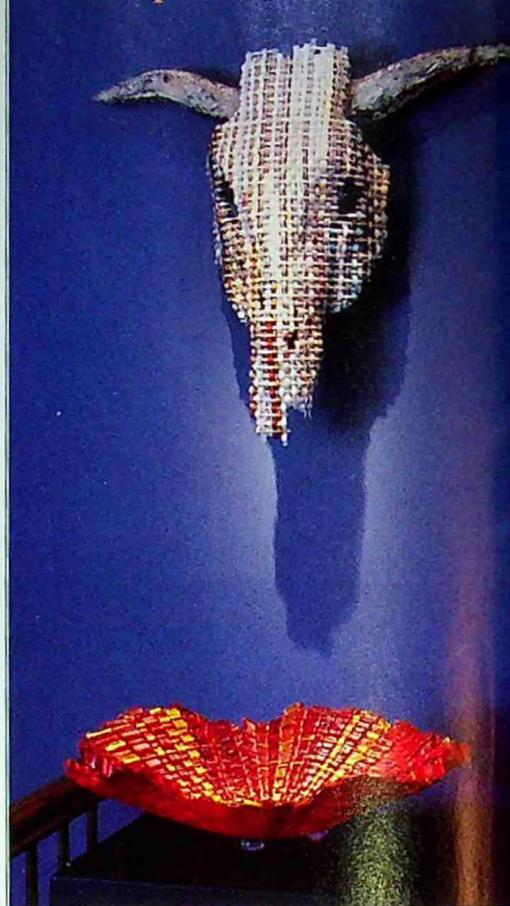
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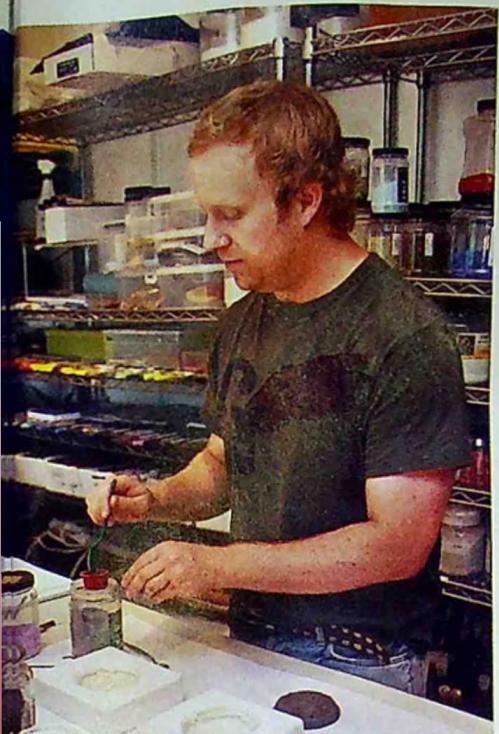


as busy preparing for a few shows a year as we do filling orders," Thom says. "We have 15 new Japanese origami-inspired pieces in our solo New York show this fall. We worked on those all summer."

The Science of Art Both agree that their love of science has a lot to do with their artistic success. "Eric trained as a chemical engineer, and my degree is in biology," Thom says. "Because of our backgrounds, we know a lot about scientific methods."

Those methods include spending





ABOVE: Thom mixes glass powders to create a unique color. Commercial glass only comes in about 100 hues, so the artists often combine colors in order to develop new ones for use in their art.

long hours in the studio mixing, measuring, and manipulating glass. "After a piece is heated we have to wait for it to cool before working with it," Eric explains. "Some glass only cools a few degrees an hour, so it can take a week to get it in and out of the kiln successfully."

Like their gleaming glass creations, Eric and Thom have successfully fused their careers into a wonderful mixture of art and science. "Our experiments aren't as trial and error as they used to be, but we're still learning," Thom says. "And I think that's what you should always strive for, whether you work in a lab or a studio." •

Markow & Norris woven glass pieces range in price from \$375 to \$10,000, and there is a four- to six-month waiting period for a custom piece. For more information call 1-888-282-7081. To find a schedule of upcoming shows and a list of galleries that carry their creations, visit www.wovenglass.com.

Hot Glass, Cold Glass

Although they won't reveal their entire weaving process, one secret to Markow & Norris' success was their ability to reach a happy medium between "hot" (blown) and "cold" (stained) glass. While looking for a way to bring new colors to "cold" glass, the artists created mixtures that are heated somewhere between the two temperature ranges. "We don't get it as hot as blown glass," Eric explains. "We like to say that blown glass looks like honey—and our process uses glass when it is more like taffy."



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If it's Monday, Bobbywood, in downtown Norfolk, is closed. For its owner and executive chef, however, there's no better place to unwind. He comes here to work and to relax.

"My wife, Heidi, is teaching school. Our son, Zachary, is in school. I won't sit at home," Bobby Huber says of his day off. "I come in here and sit on the couch and open a bottle of wine and watch television."

While he clicks the remote, Bobby is likely planning ways to improve the business that bears his name. He loves the restaurant, he loves this city, and his fans love the way he cooks.

They come for his famous Oyster Stew, served atop a mound of mashed potatoes; for his Haggerty's Etouffée that's so much more than crawfish; for his Surry Sausage, the main ingredient made so close to Norfolk that you can nearly smell the smoke; for his Jumbo Lump Crabcakes he serves only in season.

"I use crabmeat from our Bay in season that runs April to December. That's it. When it's done, I take it off the menu," he states.



New York native
Bobby Huber, owner
and executive chef
of Bobbywood, first
saw Norfolk while
in the Navy.

Sailor to Chef in Norfolk

With superb local ingredients, Bobby Huber elevates the palates of Norfolk. By **Gary D. Ford**

Serving in Norfolk Bobby and Bobbywood reflect Norfolk so well, a city of ever-arriving new residents, many with connections to the military, with palates ranging from novice to worldly. He welcomes them all to his tables—high-ranking officers with well-traveled tastes as well as young burger-and-a-beer sailors.

"Enlisted people are young, and their palates aren't sophisticated," he says. "You can teach them how to appreciate food for the rest of their lives. So many people who

dined with me come back and say, 'You introduced me to this and that.' It makes me feel good."

Bobby, a Navy veteran born in New York and raised in Florida, sees himself in these young sailors. Years ago, given a choice of duty stations after boot camp, he requested Connecticut, Hawaii, or San Diego.

The Navy sent him to Norfolk.

"I had heard about the 'Sailor Keep Off the Grass' signs in Norfolk. I wasn't looking forward to it," he recalls.

After his hitch in submarines, Bobby, who had worked in restaurants since age 12, was accepted into both The Culinary Institute of America and Johnson & Wales University, then located in Norfolk, where his parents lived. He chose Norfolk and found a home.

Opening Bobbywood Bobby honed his skills and reputation in one kitchen after another in Hampton Roads, mentored by chefs such as Monroe Duncan and Joe

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Hoggard. He also opened his own restaurant, Sweet Bird of Youth. It failed, although the reviews were positive.

"What a stinker that was," recalls the plainspoken chef. "I was young, stupid, and had no business sense about me."

He learned, and he traveled, dining across America and Europe. In France he saw how many fine restaurants "are the results of years and years of practicing a cuisine and perfecting it. That's the way I am. I find myself falling into that French idea. There are things that won't come off my menu," he says.

His first Bobbywood, opened in 1995, won awards and accolades, as did his Bobby's Americana. Several years later he closed both to take a breather and reassess.

"I was in limbo," he says. "We thought of moving to Connecticut or to Florida, but we said, 'Let's make everything work here. Norfolk is home.' "

Collards, Kale, Silver Queen Corn

So he opened the new Bobbywood on Monticello Avenue, with his chef de cuisine, Shaun Wade, once a troubled youth who wanted to get off the street. Bobby gave him a chance, and ever since the two have forged a close bond.

"Shaun started by washing dishes when he was 17. He worked his way up over the years. I had a chef de cuisine. Shaun saw him fail, and he stepped right up to the plate," Bobby recalls, smiling proudly. "I tell Shaun, 'I'll always have your back.' "

Shaun has worked with Bobby in creating a menu known for its international flavors accented with home-grown, in-season ingredients. Silver Queen Corn, from Virginia and North Carolina, sweetens his Oyster Stew. "Phenomenal," he calls local collards, kale, strawberries, and other fruits and vegetables.

Some diners come nearly every night, but for others, Bobbywood is a special-occasion restaurant.

A Culinary Destination Bobby couldn't be happier with his life in the restaurant business, with Heidi, and with Zachary, who already cooks with dad.

"If he wants to work in a restaurant, I want him to be the best at it," Bobby says. "He'll start by washing dishes and work his way up, just like I did."

That kind of drive and talent has helped Norfolk rise as a dining destination, a credit he quickly shares with others.

"I think Norfolk is a jewel that has yet to be discovered," Bobby says of the city as a culinary destination. "We have some outstanding restaurants in this city, with very talented chefs. We're all fierce competitors, but I eat in their restaurants too." •

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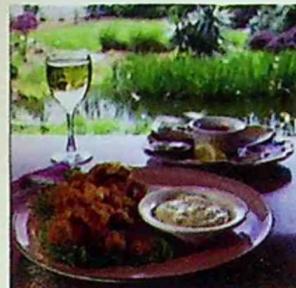
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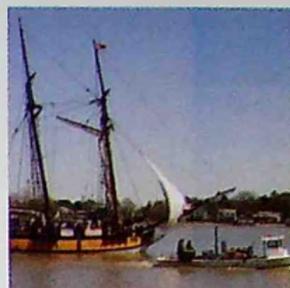
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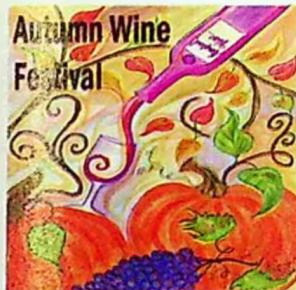
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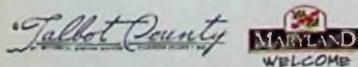
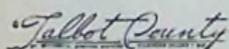
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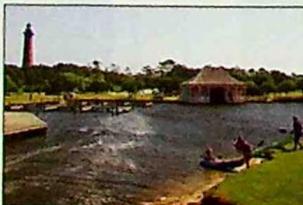
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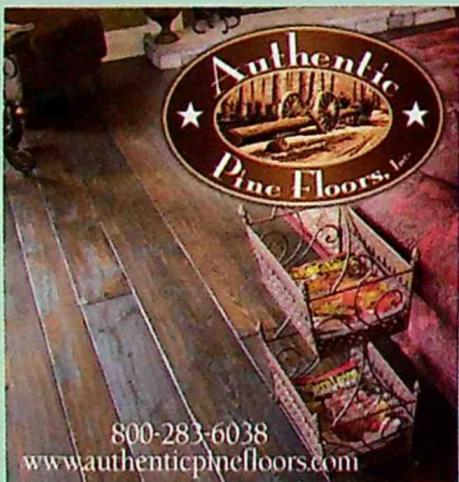
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LEGAL NOTICE

If you were a Time Warner Cable subscriber at any time between January 1994 and December 1998, you may be eligible to get free cable services or money from a class action settlement.

This is a revised notice from the one first published in December 2005.

The settlement has been revised. Qualified Class Members now have the option of receiving \$5 as an alternative to receiving free cable services. If you previously submitted a claim form and do not want the \$5 alternative, you do not have to do anything. If you previously submitted a claim form and would like the \$5 alternative, you must submit a new claim form by the deadline.

Please read this Notice. Your legal rights may be affected.

A settlement has been proposed in a class action lawsuit alleging that Time Warner Cable sold its subscribers' personal information to other companies for marketing purposes. If approved, the settlement will provide free Time Warner Cable services or \$5 to anyone who subscribed to Time Warner Cable at any time between January 1, 1994 and December 31, 1998, and was on a list of subscribers whose information may have been available for sale.

The U.S. District Court for the Eastern District of New York authorized this notice. Before any benefit is given, the Court will have a hearing to decide whether to approve the settlement.

Who's Included?

You are a Class Member if you were a Time Warner Cable subscriber any time between January 1, 1994 and December 31, 1998. Excluded from the Class are Time Warner Cable employees, officers, directors, or counsel. Only subscribers who were on a list of subscribers whose personal information may have been available for sale are qualified Class Members and may get free services or money.

What's This About?

The lawsuit claims that Time Warner Cable sold personal information about its subscribers to other companies, without first making the required disclosures of its practices to subscribers. As a result, the lawsuit asserts violations of applicable law relating to Time Warner Cable's privacy notice and disclosure practices from 1994 - 1998. Time Warner Cable denies it did anything wrong and does not admit any wrongdoing by this settlement. The Court has not decided which side is right. However, both sides have agreed to the settlement to resolve the case.

What Does the Settlement Provide?

Current Subscribers: If you are a Time Warner Cable subscriber now, and your name is on a list of subscribers whose information may have been available for sale, you can pick: (1) one free month of any additional Time Warner Cable service that you don't already have, or (2) two free Movies On Demand, provided in both cases that you live in an area and at a location which can be serviced by Time Warner Cable when the benefit is distributed, or (3) \$5.

Former Subscribers: If you are not a Time Warner Cable subscriber now, and your name is on a list of subscribers whose information may have been available for sale, you can choose: (1) one free month of any Time Warner Cable service with free installation, or (2) two free Movies On Demand provided in either case that you live in an area and at a

location which can be serviced by Time Warner Cable when the benefit is distributed, or (3) to give your settlement benefit to someone else who lives in an area and at a location which can be serviced by Time Warner Cable, or (4) \$5.

How Do I Ask for the Free Services or Money?

The detailed notice and claim form package have everything you need. Just call or visit the website below to get them. To qualify for a free Time Warner Cable service or \$5, you must send in a claim form. (If you previously submitted a claim form and do not want the \$5 alternative, you do not have to submit a new claim form.) Claim forms must be postmarked by March 10, 2009. Once this settlement is final and becomes effective, you will be contacted regarding your \$5 check or claim for free service and you will be able to make your free service selection at that time.

What Are My Other Options?

If you do NOT want to be legally bound by the settlement, you must exclude yourself by November 10, 2008, or you won't be able to sue Time Warner Cable about the legal claims in this case. If you exclude yourself, you won't get any free services or money from this case. If you stay in the settlement, you may object to it by November 24, 2008. The detailed notice explains how to exclude yourself or object.

The Court will hold a hearing in this case (*Parker v. Time Warner Ent. Co.*, Case No. CV 98-4265), on December 9, 2008 at 11:00 a.m. before the Honorable I. Leo Glasser at the U.S. District Court for the Eastern District of New York, 225 Cadman Plaza East, Brooklyn, New York, Courtroom 8B-S, to decide whether to approve the settlement. Time Warner Cable also has agreed to pay the four law firms representing all Class Members \$5,000,000 in attorneys' fees and costs, for investigating the facts, litigating the case since 1998 (including an appeal), and negotiating and revising the settlement. The Court will consider whether to approve this payment at the hearing. You may appear at the hearing, or have an attorney appear on your behalf at your own expense.

For More Information

To obtain the detailed notice, call 1-800-291-3831, or visit www.twcsettlement.com.

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